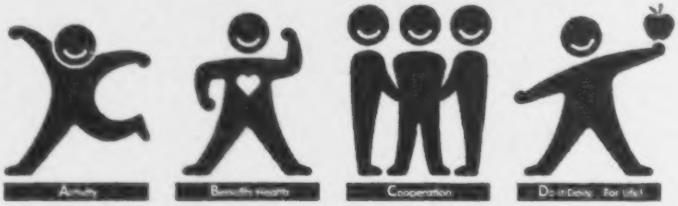
ALBERTA AUTHORIZED RESOURCE LIST
and ANNOTATED BIBLIOGRAPHY

Physical Education
Resources

Part I: Authorized Resources
List by Grades (K-3, 4-6, 7-9, 10-12)
Part II: Annotated Bibliography
(Listed Alphabetically by Title)
Part III: Other Resources - Agencies and
Associations (Listed Alphabetically)

ABCD's of Physical Education



April 2005

The complete document is available online at
http://www.education.gov.ab.ca/k_12/curriculum/bySubject/physed/default.asp
http://www.education.gov.ab.ca/physicaleducationonline/

Alberta
EDUCATION

ALBERTA LEARNING CATALOGUING IN PUBLICATION DATA

Alberta. Alberta Education. Learning and Teaching Resources Branch.
Physical education resources: Kindergarten to grade 12.

ISBN 0-7785-3795-1

1. Physical education and training—Alberta. 2. Physical Education for children—Alberta. I. Title. II. Title: Alberta authorized resource list and annotated bibliography.

GV341.A333 2005 613.704

Questions or concerns regarding this guide can be addressed to the Director, Learning and Teaching Resources Branch, Alberta Education. Telephone: 780–427–2984, Fax: 780–422–0576. To be connected toll free inside Alberta, dial 310–0000.

Several web sites are listed in this guide. These sites are listed as a service only to identify potentially useful ideas for teaching and learning. The responsibility to evaluate these sites rests with the user.

The primary intended audience for this document is:

Administrators	✓
Counsellors	
General Audience	
Parent School Councils	✓
Parents	✓
Students	
Teachers	✓

Copyright ©2005, the Crown in Right of Alberta, as represented by the Minister of Education. Alberta Education, Learning and Teaching Resources Branch, 10044 – 108 Street NW, Edmonton, Alberta, Canada, T5J 5E6.

Every effort has been made to provide proper acknowledgement of original sources and to comply with copyright law. If cases are identified where this has not been done, please notify Alberta Education so appropriate corrective action can be taken.

Permission is given by the copyright owner to reproduce this guide for educational purposes and on a nonprofit basis, with the exception of materials cited for which Alberta Education does not own copyright.

105-06260

TABLE OF CONTENTS

Page

Introduction iii

Resource Authorization Categories iv
- Authorized Resources iv
- Availability of Resources iv
- Physical Education Kindergarten to Grade 12 Guide to Implementation, 2000 v

Organization of This Document vi

Kindergarten to Grade 12 Physical Education Program of Studies vii
- Daily Physical Activity Initiative ix

Part I: Authorized Resources List by Grades (K–3, 4–6, 7–9, 10–12)

Kindergarten to Grade 3 1
Grade 4 to Grade 6 13
Grade 7 to Grade 9 31
Grade 10 to Grade 12 47

Part II: Annotated Bibliography (Listed Alphabetically by Title) 59

Part III: Other Resources – Agencies and Associations (Listed Alphabetically) 147

Vendors/Distributors 195

INTRODUCTION

The intent is to identify resources that can support your program planning for implementation of the Physical Education Program of Studies, Kindergarten to Grade 12 and the Daily Physical Activity Initiative.

This resource provides a comprehensive listing of:

- Alberta Education authorized resources and annotated bibliography for Physical Education, Kindergarten to Grade 12 which may be useful to support the Daily Physical Activity Initiative.
- local, provincial and national agencies, associations and their resources (some of which are authorized).

The document is divided into three sections:

Part I lists the titles of resources authorized by Alberta Education, the general outcomes and curriculum organizers that these resources "most closely" align with, and a page reference indicating where in Part II to access the complete annotation. This list is organized alphabetically by grades (K–3, 4–6, 7–9, 10–12).

Part II contains the annotations and information about where to purchase resources authorized by Alberta Education. This list is organized alphabetically, by title. Most of the authorized resources are available for purchase from the Learning Resources Centre (LRC) at 780–427–5775 and may be ordered on their Web site at http://www.lrc.education.gov.ab.ca. LRC product numbers and prices are included for each resource.

The cost of resources is current as of the printing of this booklet and is subject to change without notice. Those resources available for purchase directly from the vendors/distributors are so noted; a list of vendors is located at the end of this document.

Note: The Physical Education Online Web site, available at http://www.education.gov.ab.ca/physicaleducationonline, includes a searchable database format which allows you to access the authorized resource list along with a link to the Learning Resources Centre.

Part III lists agencies and sport/physical activity associations, and includes the resources or services that these groups have available. The general outcome icon that is "most closely" addressed by these resources is also listed. Please note that the resources listed in Part III may not have received provincial authorization.

RESOURCE AUTHORIZATION CATEGORIES

Authorized Resources

This list of physical education resources to support the student and teacher K–12 program of studies has been authorized for use in Alberta schools.

Alberta Education selects and authorizes the best possible instructional materials for the implementation of approved programs of study. The resource authorization categories are **student basic**, **student support** or **authorized teaching**, and the status is noted for each resource.

> **Student Basic** learning resources are those student learning resources authorized by Alberta Education as the most appropriate for addressing the majority of outcomes of the course(s) or substantial components of the course(s); or the most appropriate for meeting general outcomes across two or more grade levels.
>
> **Student Support** learning resources are those student learning resources authorized by Alberta Education to assist in addressing some of the outcomes of the course(s) or components of the course(s); or to assist in meeting the outcomes across two or more grade levels.
>
> **Authorized Teaching** resources are those teaching resources identified as the best available resources to support the implementation of programs of study and courses; they may be teacher guides to accompany student resources or teacher professional resources. The authorized teaching guides are listed with the student resources.

Note: Alberta Education strongly recommends that teachers read all selections in the student resources and all activities in the teacher guides prior to using them with students. Careful consideration should be given to the sensitivities of both the student audience and the community.

Availability of Resources

Most of the Alberta authorized resources are available for purchase from:

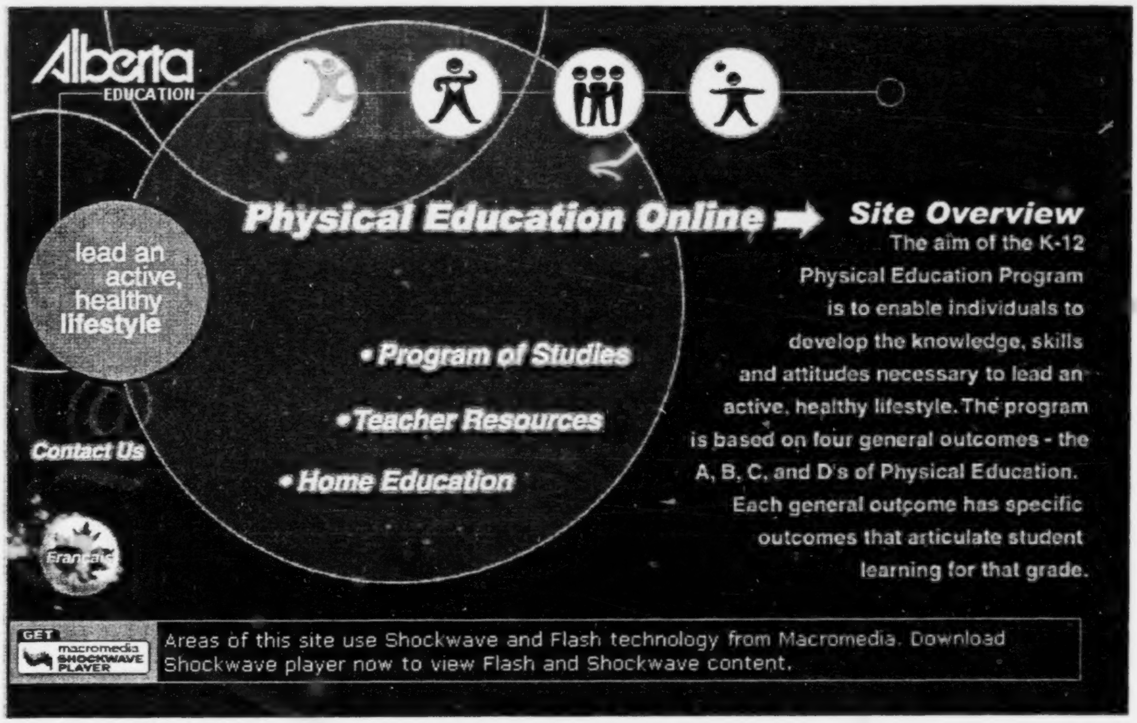
Learning Resources Centre
12360 – 142 Street, Edmonton, AB T5L 4X9
Telephone: 780–427–5775
Fax: 780–422–9750
Internet: http://www.lrc.education.gov.ab.ca

LRC order numbers and prices (as of the printing of this booklet) are included for each resource. The cost of resources is subject to change without notice. Those resources available for purchase directly from the vendors/distributors are so noted; a list of vendors is located at the end of the document.

Physical Education Kindergarten to Grade 12 Guide to Implementation, 2000

The *Physical Education Kindergarten to Grade 12 Guide to Implementation* 2000 was developed to assist teachers with implementation of the prescribed outcomes in the program of studies for Physical Education Kindergarten to Grade 12, (2000). It is available at http://www.education.gov.ab.ca/physicaleducationonline/.

The Guide to Implementation, a 300-page resource, is available through the Alberta Education Web site and is also available for purchase from the LRC, product number 425597.


Alberta
EDUCATION
lead an active, healthy lifestyle
Physical Education Online
• Program of Studies
• Teacher Resources
• Home Education
Contact Us
Français
GET macromedia SHOCKWAVE PLAYER

Site Overview

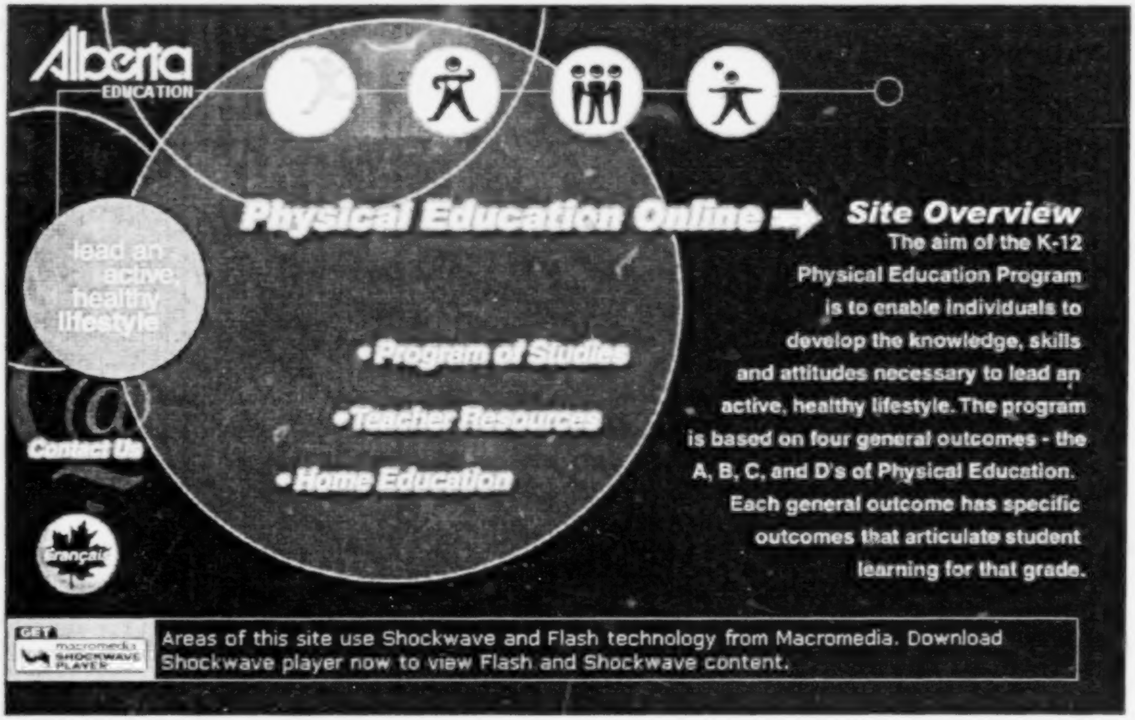
The aim of the K-12 Physical Education Program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The program is based on four general outcomes - the A, B, C, and D's of Physical Education. Each general outcome has specific outcomes that articulate student learning for that grade.

Areas of this site use Shockwave and Flash technology from Macromedia. Download Shockwave player now to view Flash and Shockwave content.

Physical Education Kindergarten to Grade 12 Guide to Implementation, 2000

The *Physical Education Kindergarten to Grade 12 Guide to Implementation* 2000 was developed to assist teachers with implementation of the prescribed outcomes in the program of studies for Physical Education Kindergarten to Grade 12, (2000). It is available at http://www.education.gov.ab.ca/physicaleducationonline/.

The Guide to Implementation, a 300-page resource, is available through the Alberta Education Web site and is also available for purchase from the LRC, product number 425597.


Alberta
EDUCATION
Physical Education Online
lead an active, healthy lifestyle
• Program of Studies
• Teacher Resources
• Home Education
Contact Us
Français
GET macromedia SHOCKWAVE PLAYER

Site Overview

The aim of the K-12 Physical Education Program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The program is based on four general outcomes - the A, B, C, and D's of Physical Education. Each general outcome has specific outcomes that articulate student learning for that grade.

Areas of this site use Shockwave and Flash technology from Macromedia. Download Shockwave player now to view Flash and Shockwave content.

ORGANIZATION OF THIS DOCUMENT

Part I: Authorized Resources List by Grades (K–3, 4–6, 7–9, 10–12)

Part I of this list of resources is organized by grade groupings. The resources in grades K–3, 4–6, 7–9 and 10–12 are identified by each of the general outcomes and accompanying icon.

Student basic resources are followed by student support and authorized teaching resources, and are listed alphabetically by grade. Each entry provides the following information:

- Title of resource
- Copyright date
- Distributor
- Type of authorization (student basic, student support, authorized teaching)
- Grades authorized for
- General outcomes (**A**ctivity, **B**enefits Health, **C**ooperation, **D**o it Daily…For Life!)
- Supplier name, order number and price.

Resources identified as NEW are those resources which have been added to the list since January 2002.

Part II: Annotated Bibliography (Listed Alphabetically by Title)

Each of the resources in Part I has a corresponding annotation in Part II.
Each annotation identifies:

- the grade level(s) for which the resource is authorized, the category of authorization (student basic, student support or authorized teaching), and if the resource is authorized for another curricular area
- a detailed description of the content, and includes comments for teachers to note
- the format of the resource (print, video, CD-ROM) identified by icon
- publisher information and notes where the resource is available. If a resource is a part of a series, other authorized titles in the series are cross-referenced.

Part III: Other Resources – Agencies and Associations (Listed Alphabetically)

Part III of this resource alphabetically lists agencies and associations that provide services and resources that support K–12 physical education outcomes and may support daily physical activity initiative implementation in Alberta schools.

The list of resources, inservices and supports are provided through the courtesy of the listed agency and/or institution. It is provided as a service only intended to assist local authorities in identifying resources with potentially useful ideas for teachers. This list is not to be construed as having explicit or implicit ministerial approval. The responsibility for evaluating the materials prior to selection and use rests with the user, in accordance with local and provincial policy.

KINDERGARTEN TO GRADE 12 PHYSICAL EDUCATION PROGRAM OF STUDIES

The Physical Education Program of Studies, Kindergarten to Grade 12 was approved for provincial implementation in September 2000. The program of studies is available through the Alberta Learning Web site at http://www.education.gov.ab.ca/k_12/curriculum/bySubject/physed/default.asp.

The program of studies and other resources to support implementation are also available through the Physical Education Online Web site at http://www.education.gov.ab.ca/physicaleducationonline/.

The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The program emphasizes active living with a focus on physical activity that is valued and integrated into daily life. Strong evidence exists that involvement in physical activity contributes to the overall well-being of individuals.

Students will meet the aim of the program if they have developed a desire to participate regularly in physical activity. The aim can only be achieved by addressing the prescribed outcomes within an environment wherein students are emotionally and physically safe, the climate is positive, and a variety of developmentally appropriate, skill building experiences are provided.

The program is based on four general outcomes that are interrelated and interdependent. Each is to be achieved through a variety of physical activities. The curriculum model on the next page identifies the general outcomes; e.g., Activity, and the associated curriculum organizers; e.g., Basic Skills; Application of Basic Skills. Each general outcome and curriculum organizer includes specific outcomes by grade and at the senior high level by course name. Students are expected to demonstrate these outcomes, to the best of their ability, by the end of each grade/course. The general outcome icons A = **A**ctivity, B = **B**enefits Health, C = **C**ooperation, and D = **D**o it Daily … For Life! are included throughout this guide to indicate that the resource aligns with a particular general outcome.

K-12

physical education program of studies

Alberta
LEARNING
2000

The aim of the Kindergarten to Grade 12 Physical Education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

general outcome A

Activity

Students will acquire skills through a variety of developmentally appropriate movement activities: dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

✓ Basic Skills; Locomotor; Nonlocomotor; Manipulative.

✓ Application of Basic Skills in an Alternative Environment, Dance, Games, Types of Gymnastics, and Individual Activities.

General outcomes B, C and D are interrelated and interdependent and are achieved through involvement in movement activities identified in General Outcome A.

general outcome B

Benefits Health

Students will understand, experience and appreciate the health benefits that result from physical activity.

✓ Functional Fitness

✓ Body Image

✓ Well-being

general outcome C

Cooperation

Students will interact positively with others.

✓ Communication

✓ Fair Play

✓ Leadership

✓ Teamwork

general outcome D

Do it Daily... For Life!

Students will assume responsibility to lead an active way of life.

✓ Effort

✓ Safety

✓ Goal Setting/Personal Challenge

✓ Active Living in the Community

Resources available to support implementation:

- Physical Education Online
  English: www.learning.gov.ab.ca/physicaleducationonline
  French: www.learning.gov.ab.ca/educationphysiqueenligne
- Resources @ www.learning.gov.ab.ca/k_12/curriculum/bySubject/physed
  - Physical Education Kindergarten to Grade 12 Guide to Implementation English: LRC Product #425597, French: LRC Product #461335, www.lrc.learning.gov.ab.ca
  - Administrator's Overview, K-12 Physical Education
  - Physical Education Resource Guide
  - Daily Physical Activity Initiative in Alberta Schools, Discussion Paper
  - Daily Physical Activity Teacher and Administrator Handbooks

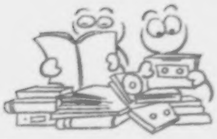
Daily Physical Activity Initiative

The resources authorized to support Physical Education Kindergarten to Grade 12 can be used to assist the implementation of daily physical activity. In September 2005, Alberta schools will implement a requirement for students in grades 1 to 9 to be physically active for a minimum of 30 minutes daily. Schools have the responsibility of creating and nurturing a learning environment for students that supports the development of the daily physical activity requirement.

Local school authorities will implement the requirement for daily physical activity with activities that are organized and/or sponsored by the school.

The jurisdiction will know that the implementation of DPA has been successful when schools demonstrate they have created and nurtured a learning environment for students that supports the development of the life-long habit for daily physical activity and for healthy lifestyles.

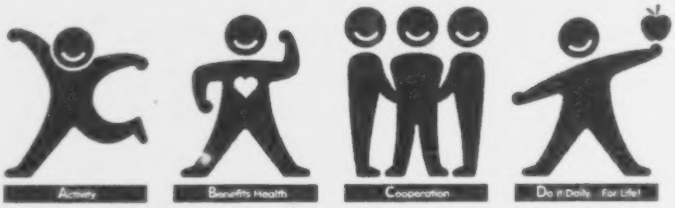
The Daily Physical Activity Initiative School Handbook will be available in spring 2006 through the Learning Resources Centre to support the implementation of daily physical activity.



ALBERTA AUTHORIZED RESOURCE LIST

Part I: Authorized Resources List by Grades (K-3, 4-6, 7-9, 10-12)

ABCD's of Physical Education



Physical Education

Kindergarten to Grade 12

April 2005

Part I: KINDERGARTEN TO GRADE 3

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW ABCD's of Movement: Kindergarten *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching K ✓ ✓ ✓ ✓	LRC 471029 $58.00
NEW ABCD's of Movement: Grade 1 *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching 1 ✓ ✓ ✓ ✓	LRC 471037 $58.00
NEW ABCD's of Movement: Grade 2 *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching 2 ✓ ✓ ✓ ✓	LRC 471045 $58.00
NEW ABCD's of Movement: Grade 3 *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching 3 ✓ ✓ ✓ ✓	LRC 471053 $58.00
NEW Active Playgrounds	2003	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ☐ ✓ ✓	LRC 603648 $26.10
Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ✓ ✓ ✓	LRC 396136 $27.00
Aerobic Dances for Kids	1998	Educational Activities Inc.	Authorized Teaching K, 1, 2, 3 ✓ ✓ ✓ ☐	LRC 395857 $25.80
Badminton: Learning Activities for Elementary School: Teacher Handbook (To be withdrawn from authorization August 31, 2006)	1994	Badminton Canada	Authorized Teaching 2, 3, 4, 5, 6 ✓ ☐ ☐ ✓	LRC 397275 $46.35

KINDERGARTEN TO GRADE 3 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
NEW Bang for Your Buck	2004	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 603630 $21.75
NEW A Barrel Full of Basketball Type Games (Revised Edition) *The Biggest Little Games Books Ever!*	2001	Creative Network Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		LRC 396293 $23.15
A Barrel Full of Basketball Type Games (Part 1 and Part 2) *The Biggest Little Games Book Ever!: Mini-Series Book 3*	1996	The Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		Out-of-Print 396300
The Biggest Little Games Book Ever! For Teachers and Community Leaders Everywhere	1991	The Creative Network	Authorized Teaching 1, 2, 3, 4, 5, 6	✓		✓		LRC 261652 $30.90
The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment	1995	The Creative Network, Inc.	Authorized Teaching 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 339409 $30.90
NEW Body Image Resource Collection (Kit) (Grades 1 - 3) *Body Image Resource Collection*	2001	Alberta Mental Health Board - Body Images Project	Authorized Teaching 1, 2, 3		✓		✓	Available through the 17 Regional Health and Mental Health centres in Alberta.
NEW Body Image Resource Collection (Kit) (Grades K - 3) (©2004) *Body Image Resource Collection*	2004	body image works inc.	Authorized Teaching K, 1, 2, 3		✓		✓	Vendor Direct
NEW A Bucket Full of Ball Games (Revised Edition) *The Biggest Little Games Books Ever!*	2000	Creative Network Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		LRC 396293 $23.15
Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards)	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓		LRC 396144 $33.35

KINDERGARTEN TO GRADE 3 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	Changing Kids' Games (2nd Ed.)	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ☐ ✓ ☐	LRC 428294 $26.85
NEW	Character Education: 43 Fitness Activities for Community Building	2003	Human Kinetics Canada	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9 ☐ ✓ ✓ ✓	LRC 538374 $21.20
	Cooperative Learning in Physical Education	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print 396201
NEW	Creating Rubrics for Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 520941 $21.05
NEW	Daily Vigorous Physical Activity: Teacher Resource Guide	2001	York Region District School Board	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8 ☐ ✓ ☐ ✓	LRC 585416 $29.00
NEW	Dynamic Dodge Ball Games! (Revised Edition) *The Biggest Little Games Books Ever!*	2001	Creative Network Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ✓ ✓ ☐	LRC 396285 $15.06
	Dynamite Dodge Ball Games! *The Biggest Little Games Book Ever!: Mini-Series Book 1*	1997	The Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ✓ ✓ ☐	Out-of-Print
NEW	Exercise in Disguise: A Resource for Daily Vigorous Physical Activity		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ✓ ☐ ☐	LRC 571225 $11.80
	Fit Kids Classroom Workout	2001	Human Kinetics Canada	Support 2, 3, 4, 5, 6 ☐ ✓ ☐ ☐	Vendor Direct

KINDERGARTEN TO GRADE 3 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Fit-Skip-Ness: The Skipping Challenge	1994	ATEC Marketing Limited	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☑	LRC 395120 $16.20
Fitness for Children	1995	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6 ☑ ☑ ☑ ☑	LRC 396186 $19.85
Fitness Education for Children: A Team Approach	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8 ☑ ☑ ☐ ☑	LRC 396219 $30.25
FUNSICAL FITNESS: Comprehensive Movement and Health Education Experience for Ages 2 3/4ths to 7 5/6ths	1996	Front Row Experience	Authorized Teaching K, 1, 2, 3 ☑ ☑ ☑ ☑	Out-of-Print 395138
Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 396160 $21.90
Girls and Boys in Elementary Physical Education: Issues and Action *Gender Equity Schools Initiative* (To be withdrawn from authorization August 31, 2005)	1999	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching 1, 2, 3, 4, 5, 6 ☐ ☐ ☑ ☑	LRC 455932 $17.70
Great Gator Games: "With a Kid & a Ball You Can Do it All"	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	LRC 395162 $20.90
Gymnastics Fun & Games	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	LRC 396227 $16.65
Health: Exercise, Nutrition, and Sleep (3rd Ed.)	1996	Canadian Learning Company Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ☑ ☐ ☑	LRC 398645 $46.30

KINDERGARTEN TO GRADE 3 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	Health and Fitness through Physical Education	1994	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12		✓		✓	Out-of-Print 410340
	Health-related Fitness for Grades 1 and 2 *Health-related Fitness*	1997	Human Kinetics	Authorized Teaching 1, 2	✓	✓			LRC 395914 $21.30
	Health-related Fitness for Grades 3 and 4 *Health-related Fitness*	1997	Human Kinetics	Authorized Teaching 3, 4	✓	✓			LRC 395922 $28.30
	Hip Hop Happy! Adventures in Physical Activity for 3- to 5-Year-Olds	1994	Serious Fun Enterprises	Authorized Teaching K, 1, 2, 3	✓	✓			LRC 395104 $16.25
	Inclusive Games	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7	✓		✓	✓	LRC 396235 $26.95
NEW	Informal Gymnastics	2001	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓			✓	LRC 552077 $27.05
	Interdisciplinary Teaching through Physical Education	1998	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		LRC 428301 $46.60
NEW	Juggling: From Start to Star	2002	Human Kinetics (Canada)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓		✓	LRC 473059 $20.85
NEW	Jump 2b Fit: Rope Skipping Fitness & Activity Program (includes Video, Teacher's Guide, Activities, Audio CD, Posters)	2002	ATEC Marketing Limited	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 545080 $46.30
NEW	KiDnastics: A Child-Centered Approach to Teaching Gymnastics	2003	Human Kinetics Canada	Authorized Teaching 1, 2, 3	✓	✓	✓	✓	LRC 537160 $32.95

KINDERGARTEN TO GRADE 3 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Mass Appeal: Activities for Groups of 50 or More	1997	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7	✓		✓	✓	LRC 395154 $20.90
Mega Hoops Resource Kit (with Poster)	1996	Basketball Ontario	Authorized Teaching 3, 4, 5, 6, 7, 8	✓		✓	✓	LRC 398611 $75.35
NEW Millennium Playday: Past Present Future	2000	Mrs. Mo Antoniuk	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 529703 $15.45
NEW A Mitt Full of Baseball and Softball Type Games *The Biggest Little Games Books Ever! Series*	2002	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	✓		✓	✓	LRC 558314 $23.15
NEW Mix, Match, and Motivate: 107 Activities for Skills and Fitness	2003	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓		✓	LRC 553108 $19.85
NEW More Positive Playgrounds: More Positive Playground Outdoor and Indoor Games	2004	Positive Playgrounds	Authorized Teaching K, 1, 2, 3, 4, 5, 6			✓		LRC 585630 $40.50
NEW Movement ABC's: An Inclusive Guide to Stimulating Language Development	2001	Human Kinetics (Canada)	Authorized Teaching K, 1	✓	✓	✓		LRC 473067 $32.95
Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability	1994	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	Vendor Direct
Moving with a Purpose: Developing Programs for Preschoolers of All Abilities (To be withdrawn from authorization August 31, 2005)	2000	Human Kinetics Canada	Authorized Teaching K	✓			✓	LRC 456336 $37.55

KINDERGARTEN TO GRADE 3 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Multicultural Folk Dance Treasure Chest (Audiocassette Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 395823 $104.25
Multicultural Folk Dance Treasure Chest (CD Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 397556 $110.90
Multicultural Games	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ☐ ✓ ☐	LRC 410283 $24.95
NEW No Standing Around in My Gym: Lesson Plans, Games, and Teaching Tips for Elementary Physical Education	2003	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ✓ ✓ ✓	LRC 552663 $22.95
NEW 101 Fun Warm-Up and Cool-Down Games	2004	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 580143 $19.85
NEW Oodles of Noodles	2004	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ☐ ✓ ☐	LRC 603614 $17.40
Parachute Games	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 396243 $18.75
Physical Activity Ideas for Action: Elementary Level	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ✓ ✓ ☐	LRC 395948 $17.75

KINDERGARTEN TO GRADE 3 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Physical Best Activity Guide: Elementary Level	1999	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5		✓		✓	Out-of-Print 396194
Physical Education for Children: Daily Lesson Plans for Elementary School (2nd Ed.)	2000	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5	✓	✓	✓	✓	LRC 433194 $76.50
Physical Education K–4: Movement with Meaning *Curriculum Support Series*	1994	The Manitoba Textbook Bureau	Authorized Teaching K, 1, 2, 3, 4	✓			✓	LRC 396582 $15.15
Physical Education: A Positive Place to Learn: Tips for Teachers		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 455940 $10.80
NEW Physical Education Tips from the Trenches	2002	Human Kinetics (Canada)	Authorized Teaching K, 1, 2, 3, 4, 5, 6			✓	✓	LRC 470469 $19.85
Physical Education Unit Plans for Grades 1–2 *Physical Education Unit Plans*	1997	Human Kinetics	Authorized Teaching 1, 2	✓	✓			Out-of-Print
Physical Education Unit Plans for Grades 3–4 *Physical Education Unit Plans*	1997	Human Kinetics	Authorized Teaching 3, 4	✓	✓			Out-of-Print
Physical Education Unit Plans for Preschool–Kindergarten *Physical Education Unit Plans*	1997	Human Kinetics	Authorized Teaching K	✓	✓			Out-of-Print
Playday! The Manual	1996	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 396277 $19.25
NEW Portfolio Assessment for K-12 Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 520933 $21.05

KINDERGARTEN TO GRADE 3 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW	Positive Playgrounds: Program Manual and Comprehensive Resource of Outdoor and Indoor Games	1998	Positive Playgrounds	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ☐ ☑ ☐	LRC 585490 $81.05
	Professional and Student Portfolios for Physical Education	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☐	LRC 396178 $37.70
NEW	PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack *PROJECT APEX*	1999	Alberta Milk	Authorized Teaching 3, 4, 5, 6 ☐ ☑ ☐ ☐	Publisher / Distributor (By Inservice Only)
NEW	PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6 *PROJECT APEX*	1999	Alberta Milk	Authorized Teaching 3, 4, 5, 6 ☐ ☑ ☐ ☐	Publisher / Distributor (By Inservice Only)
	Ready-to-Use P.E. Activities for Grades K–2	1992	Pearson Canada	Authorized Teaching K, 1, 2 ☑ ☐ ☑ ☑	LRC 257180 $44.40
	Ready-to-Use P.E. Activities for Grades 3–4	1992	Pearson Canada	Authorized Teaching 3, 4 ☑ ☐ ☑ ☑	LRC 257198 $44.40
	Rhythmic Activities and Dance	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	LRC 396251 $26.10
	Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource	2001	Learning Resources Centre (LRC)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☐	LRC 440553 $7.25
NEW	Safe Stretches: Tip to Toe		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☐ ☑	LRC 515976 $8.75

KINDERGARTEN TO GRADE 3 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
NEW	Safe Stretches: Tip to Toe (Posters)		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Support K, 1, 2, 3, 4, 5, 6	✓			✓	LRC 515984 $21.05
NEW	Safety Guidelines for Physical Activity in Alberta Schools (Revised Edition)	2003	Alberta Centre for Injury Control and Research (U of A)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 517063 $18.55
	School-based Home Developmental P.E. Program: Teacher Guidebook	1998	Front Row Experience	Authorized Teaching K, 1, 2	✓				LRC 395146 $51.50
	Skill Development: A Tennis Curriculum for Children Age 5 to 8	1998	Tennis Alberta	Support 1, 2, 3	✓		✓	✓	LRC 438813 $23.40
NEW	Station Games: Fun and Imaginative PE Lessons	2002	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓		✓	LRC 482224 $17.75
NEW	Staying Healthy: Let's Exercise *The Library of Healthy Living*	1997	Knowbuddy Resources	Support 1, 2		✓		✓	LRC 440438 $18.20
	Step Lively! Dances for Schools and Families (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10	✓			✓	LRC 456550 $27.80
	Step Lively 2: Canadian Dance Favourites (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10	✓			✓	LRC 456542 $27.80
NEW	Step Lively 3: Primary Dances with CD Recording *Step Lively!*	2003	Community Dance Project	Authorized Teaching K, 1, 2, 3	✓			✓	LRC 552051 $27.80

KINDERGARTEN TO GRADE 3 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Synchronized Ball Skills	1998	Educational Activities Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		LRC 395849 $25.80
NEW Teaching Children Gymnastics (2nd Ed.)	2004	Human Kinetics Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 552689 $27.80
Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM)	2001	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 456328 $47.75
Teaching Health-related Exercise at Key Stages 1 and 2	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓		✓	LRC 395964 $26.45
Teaching the Nuts and Bolts of Physical Education: Building Basic Movement Skills	2000	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 414334 $28.20
Teaching for Outcomes in Elementary Physical Education: A Guide for Curriculum and Assessment		Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC 414326 $35.45
Teaching Tumbling	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC 395972 $27.80
Team Building through Physical Challenges	1992	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 456310 $20.15
Up, Down All Around Gymnastics (includes Lesson Plans: Series A; Lesson Plans: Series B; Lesson Plans: Series C; Teacher's Guide) *Up, Down All Around Gymnastics Lesson Plans*	1994	Ruschkin Publishing	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC
Up, Down All Around Gymnastics Lesson Plans: Series A								$29.00 395881
Up, Down All Around Gymnastics Lesson Plans: Series B								$29.00 395899

KINDERGARTEN TO GRADE 3 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
NEW	Walking Games and Activities (40 New Ways to Make Fitness Fun)	2002	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓		✓	LRC 470477 $25.00
	A Western Playday	1998	The Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC 396269 $15.45
NEW	Win Win Tag Games (©2002)	2002	Sport Books Publisher	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC 407892 $17.60
NEW	You're "It"! Tag, Tag and More Tag: Games for All Ages	2001	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 564460 $17.40

Part I: GRADE 4 TO GRADE 6

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW	ABCD's of Movement: Grade 4 *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching 4 ☑ ☑ ☑ ☑	LRC 471061 $58.00
NEW	ABCD's of Movement: Grade 5 *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching 5 ☑ ☑ ☑ ☑	LRC 471079 $58.00
NEW	ABCD's of Movement: Grade 6 *ABCD's of Movement*	2002	Resource Development Services, Edmonton Public Schools	Authorized Teaching 6 ☑ ☑ ☑ ☑	LRC 471087 $58.00
NEW	Active Playgrounds	2003	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ☐ ☑ ☑	LRC 603648 $26.10
	Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☑ ☑ ☑	LRC 396136 $27.00
	Badminton: Learning Activities for Elementary School: Teacher Handbook (To be withdrawn from authorization August 31, 2006)	1994	Badminton Canada	Authorized Teaching 2, 3, 4, 5, 6 ☑ ☐ ☐ ☑	LRC 397275 $46.35
NEW	Bang for Your Buck	2004	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☑ ☑	LRC 603630 $21.75
NEW	A Barrel Full of Basketball Type Games (Revised Edition) *The Biggest Little Games Books Ever!*	2001	Creative Network Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☑ ☐	LRC 396293 $23.15

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	A Barrel Full of Basketball Type Games (Part 1 and Part 2) *The Biggest Little Games Book Ever!: Mini-Series Book 3*	1996	The Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		Out-of-Print 396300
	The Biggest Little Games Book Ever! For Teachers and Community Leaders Everywhere	1991	The Creative Network	Authorized Teaching 1, 2, 3, 4, 5, 6	✓		✓		LRC 261652 $30.90
	The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment	1995	The Creative Network, Inc.	Authorized Teaching 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 339409 $30.90
NEW	Body Image Resource Collection (Kit) (Grades 4 - 6) *Body Image Resource Collection*	2001	Alberta Mental Health Board - Body Images Project	Authorized Teaching 4, 5, 6		✓		✓	Available through the 17 Regional Health and Mental Health centres in Alberta.
NEW	Body Image Resource Collection (Kit) (Grades 4 - 6) (©2004) *Body Image Resource Collection*	2004	body image works inc.	Authorized Teaching 4, 5, 6		✓		✓	Vendor Direct
	Bounceball (Videocassette; Instructor's Handbook) (To be withdrawn from authorization August 31, 2006)	1995	Bounceball Sports	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓		Out-of-Print 398629
NEW	A Bucket Full of Ball Games (Revised Edition) *The Biggest Little Games Books Ever!*	2000	Creative Network Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓		LRC 396293 $23.15
	Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards)	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓		LRC 396144 $33.35
	Canadian Wheelchair Basketball Association's National Teaching Manual	1997	Canadian Wheelchair Basketball Association (CWBA) / Association Canadienne de Basketball en Fauteuil Roulant (l'ACBFR)	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 408460 $11.60

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)				Supplier / Order No. / Price
Changing Kids' Games (2nd Ed.)	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓		✓		LRC 428294 $26.85
NEW Character Education: 43 Fitness Activities for Community Building	2003	Human Kinetics Canada	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9	✓	✓	✓	LRC 538374 $21.20
Cooperative Learning in Physical Education	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓	✓	✓	✓	Out-of-Print 396201
NEW Creating Rubrics for Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓	✓	✓	✓	LRC 520941 $21.05
NEW Daily Vigorous Physical Activity: Teacher Resource Guide	2001	York Region District School Board	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8	✓		✓	LRC 585416 $29.00
NEW Dynamic Dodge Ball Games! (Revised Edition) *The Biggest Little Games Books Ever!*	2001	Creative Network Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓	✓	✓		LRC 396285 $15.06
Dynamite Dodge Ball Games! *The Biggest Little Games Book Ever!: Mini-Series Book 1*	1997	The Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓	✓	✓		Out-of-Print
NEW Exercise in Disguise: A Resource for Daily Vigorous Physical Activity	stet	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓			LRC 571225 $11.80
Fair Play for Kids: A Handbook of Activities for Teaching Fair Play (2nd Ed.)	1995	Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES)	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓		✓	✓	LRC 394651 $23.35

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
The First Ultimate Book of Games	1999	Concepts Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 436057 $24.90
Fit Kids Classroom Workout	2001	Human Kinetics Canada	Support 2, 3, 4, 5, 6 ☐ ✓ ☐ ☐	Vendor Direct
Fit-Skip-Ness: The Skipping Challenge	1994	ATEC Marketing Limited	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ☐ ✓ ✓	LRC 395120 $16.20
Fitness for Children	1995	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6 ✓ ✓ ✓ ✓	LRC 396186 $19.85
Fitness Education for Children: A Team Approach	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8 ✓ ✓ ☐ ✓	LRC 396219 $30.25
Games to Keep Kids Moving: P.E. Activities to Promote Total Participation, Self-esteem, and Fun for Grades 3–8	1995	Pearson Canada	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 395097 $60.40
Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 396160 $21.90
Get the Edge: Power Skating	1996	Raincoast Books	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ☐ ☐	Out-of-Print 396152
NEW Getting Started in Curling: Instructor's Guide for Youth Curling (with Video) *3M Coaching Series*	1994-95	Alberta Curling Federation	Authorized Teaching 4, 5, 6 ✓ ☐ ✓ ✓	LRC 593120 $34.80

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Girls and Boys in Elementary Physical Education: Issues and Action *Gender Equity Schools Initiative* (To be withdrawn from authorization August 31, 2005)	1999	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching 1, 2, 3, 4, 5, 6 ☐ ☐ ✓ ✓	LRC 455932 $17.70
Great Gator Games: "With a Kid & a Ball You Can Do it All"	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 395162 $20.90
Gym Ringette *Basic Skills*	1996	Ringette Alberta	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ☐	LRC 394940 $13.90
Gymnastics Fun & Games	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 396227 $16.65
Health: Exercise, Nutrition, and Sleep (3rd Ed.)	1996	Canadian Learning Company Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ✓ ☐ ✓	LRC 398645 $46.30
Health and Fitness through Physical Education	1994	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ✓ ☐ ✓	Out-of-Print 410340
Health-related Fitness for Grades 3 and 4 *Health-related Fitness*	1997	Human Kinetics	Authorized Teaching 3, 4 ✓ ✓ ☐ ☐	LRC 395922 $28.30
Health-related Fitness for Grades 5 and 6 *Health-related Fitness*	1997	Human Kinetics	Authorized Teaching 5, 6 ✓ ✓ ☐ ☐	LRC 395930 $19.85
Inclusive Games	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7 ✓ ☐ ✓ ✓	LRC 396235 $26.95

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW	Informal Gymnastics	2001	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ☐ ☐ ✓	LRC 552077 $27.05
	Innovative Games	1993	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 410324 $19.85
	Interdisciplinary Teaching through Physical Education	1998	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ✓ ☐ ✓ ☐	LRC 428301 $46.60
NEW	Juggling: From Start to Star	2002	Human Kinetics (Canada)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ☐ ✓	LRC 473059 $20.85
NEW	Jump 2b Fit: Rope Skipping Fitness & Activity Program (includes Video, Teacher's Guide, Activities, Audio CD, Posters)	2002	ATEC Marketing Limited	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 545080 $46.30
	Lessons from the Heart: Individualizing Physical Education with Heart Rate Monitors	1997	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ✓ ☐ ✓	LRC 437849 $20.85
	Let's Play Mini-Handball (Video)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ☐ ✓ ✓	Vendor Direct
	Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ✓ ✓ ✓	LRC 458142 $40.60
	Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ✓ ✓ ✓	LRC 458150 $9.80

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	Mass Appeal: Activities for Groups of 50 or More	1997	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7	✓		✓	✓	LRC 395154 $20.90
	Mega Hoops Resource Kit (with Poster)	1996	Basketball Ontario	Authorized Teaching 3, 4, 5, 6, 7, 8	✓		✓	✓	LRC 398611 $75.35
NEW	Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness	2002	Human Kinetics	Authorized Teaching 5, 6, 7, 8, 9, 10, 11, 12		✓		✓	LRC 471607 $28.30
NEW	Millennium Playday: Past Present Future	2000	Mrs. Mo Antoniuk	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 529703 $15.45
	Mini-Handball (Red Cover)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9	✓		✓		Vendor Direct
	Mini-Handball (Yellow Cover)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9	✓		✓	✓	Vendor Direct
NEW	A Mitt Full of Baseball and Softball Type Games *The Biggest Little Games Books Ever! Series*	2002	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	✓		✓	✓	LRC 558314 $23.15
NEW	Mix, Match, and Motivate: 107 Activities for Skills and Fitness	2003	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓		✓	LRC 553108 $19.85
	More Innovative Games	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 410332 $28.30
NEW	More Positive Playgrounds: More Positive Playground Outdoor and Indoor Games	2004	Positive Playgrounds	Authorized Teaching K, 1, 2, 3, 4, 5, 6			✓		LRC 585630 $40.50

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
More Team Building Challenges	1995	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☐	LRC 395790 $18.75
Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability	1994	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Vendor Direct
Multicultural Folk Dance Treasure Chest (Audiocassette Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 395823 $104.25
Multicultural Folk Dance Treasure Chest (CD Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 397556 $110.90
Multicultural Games	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☐	LRC 410283 $24.95
NEW No Standing Around in My Gym: Lesson Plans, Games, and Teaching Tips for Elementary Physical Education	2003	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☑ ☑	LRC 552663 $22.95
NEW 101 Fun Warm-Up and Cool-Down Games	2004	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 580143 $19.85
NEW Oodles of Noodles	2004	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☑ ☐	LRC 603614 $17.40

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Parachute Games	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	LRC 396243 $18.75
NEW PE - 4 - ME: Teaching Lifelong Health and Fitness	2000	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10 ☑ ☑ ☑ ☑	LRC 473041 $40.70
Physical Activity Ideas for Action: Elementary Level	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☑ ☐	LRC 395948 $17.75
Physical Best Activity Guide: Elementary Level	1999	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5 ☐ ☑ ☐ ☑	Out-of-Print 396194
Physical Education for Children: Daily Lesson Plans for Elementary School (2nd Ed.)	2000	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5 ☑ ☑ ☑ ☑	LRC 433194 $76.50
Physical Education for Children: Daily Plans for Middle School (2nd Ed.)	2000	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8 ☑ ☑ ☑ ☑	LRC 428286 $47.25
Physical Education K–4: Movement with Meaning *Curriculum Support Series*	1994	The Manitoba Textbook Bureau	Authorized Teaching K, 1, 2, 3, 4 ☑ ☐ ☐ ☑	LRC 396582 $15.15
Physical Education Methods for Classroom Teachers	1999	Human Kinetics Canada	Authorized Teaching 4, 5, 6 ☐ ☑ ☑ ☑	LRC 463828 $45.00
Physical Education: A Positive Place to Learn: Tips for Teachers		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☑	LRC 455940 $10.80
NEW Physical Education Tips from the Trenches	2002	Human Kinetics (Canada)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☐ ☐ ☑ ☑	LRC 470469 $19.85

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Physical Education Unit Plans for Grades 3–4 *Physical Education Unit Plans*	1997	Human Kinetics	Authorized Teaching 3, 4 [✓][✓][ ][ ]	Out-of-Print
Physical Education Unit Plans for Grades 5–6 *Physical Education Unit Plans*	1997	Human Kinetics	Authorized Teaching 5, 6 [✓][✓][ ][ ]	Out-of-Print
Playday! The Manual	1996	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6 [✓][ ][✓][✓]	LRC 396277 $19.25
Playground Leadership Program: Facilitator's Guide *Playground Leadership Program*	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching 4, 5, 6 [✓][ ][✓][✓]	LRC
Playground Leadership Program: Facilitator's Guide (includes Leader's Handbook)				$22.95 397118
Playground Leadership Program: Leader's Handbook *Playground Leadership Program*	1998	Canadian Intramural Recreation Association (CIRA)	Support 4, 5, 6 [✓][ ][✓][✓]	LRC 397126 $5.15
NEW Portfolio Assessment for K-12 Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 [✓][✓][✓][✓]	LRC 520933 $21.05
NEW Positive Playgrounds: Program Manual and Comprehensive Resource of Outdoor and Indoor Games	1998	Positive Playgrounds	Authorized Teaching K, 1, 2, 3, 4, 5, 6 [ ][ ][✓][ ]	LRC 585490 $81.05
NEW Badminton: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001-2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 [✓][✓][✓][✓]	LRC 476649 $11.80
NEW Basketball: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 [✓][✓][✓][✓]	LRC 476657 $11.80
NEW Curling: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 [✓][✓][✓][✓]	LRC 476665 $11.80

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW	Disc Sports: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2003	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 491655 $11.80
NEW	Field Hockey: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476673 $11.80
NEW	Golf: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2004	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 492801 $11.80
NEW	Gymnastics: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476681 $11.80
NEW	Ice Skating: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476722 $11.80
NEW	Judo: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2000	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 504135 $11.80
NEW	Orienteering: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476748 $11.80
NEW	Soccer: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476756 $11.80
NEW	Softball: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476764 $11.80
NEW	Track & Field: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 476772 $11.80

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
NEW	Volleyball: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476780 $11.80
	PRISM: Rhythmic Gymnastics Skill Development Program	1999	Alberta Rhythmic Sportive Gymnastics Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓			✓	LRC 456477 $87.70
	Professional and Student Portfolios for Physical Education	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓		LRC 396178 $37.70
NEW	PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack *PROJECT APEX*	1999	Alberta Milk	Authorized Teaching 3, 4, 5, 6		✓			Publisher / Distributor (By Inservice Only)
NEW	PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6 *PROJECT APEX*	1999	Alberta Milk	Authorized Teaching 3, 4, 5, 6		✓			Publisher / Distributor (By Inservice Only)
	Ready-to-Use P.E. Activities for Grades 3–4	1992	Pearson Canada	Authorized Teaching 3, 4	✓		✓	✓	LRC 257198 $44.40
	Ready-to-Use P.E. Activities for Grades 5–6	1993	Pearson Canada	Authorized Teaching 5, 6	✓		✓	✓	LRC 257205 $44.40
	Ready-to-Use Secondary P.E. Activities Program: Lessons, Tournaments & Assessments for Grades 6–12	1996	Pearson Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓		LRC 397861 $55.60
	Rhythmic Activities and Dance	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 396251 $26.10

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	Right Fielders Are People Too: An Inclusive Approach to Teaching Middle School Physical Education	1998	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8 ☑ ☑ ☑ ☑	LRC 399346 $30.55
	Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource	2001	Learning Resources Centre (LRC)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☐	LRC 440553 $7.25
NEW	Safe Stretches: Tip to Toe		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☐ ☑	LRC 515976 $8.75
NEW	Safe Stretches: Tip to Toe (Posters)		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Support K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☐ ☑	LRC 515984 $21.05
NEW	Safety Guidelines for Physical Activity in Alberta Schools (Revised Edition)	2003	Alberta Centre for Injury Control and Research (U of A)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☑	LRC 517063 $18.55
	Alberta Physical Education Grade 6: Alpine Safety for Skiers and Snowboarders *Snow Smart*	1998	Canadian Ski Patrol System, Canadian Avalanche Association	Authorized Teaching 6 ☑ ☐ ☑ ☑	Vendor Direct
	Be Aware: Ski and Ride with Care *Snow Smart*	1995	Canadian Ski Patrol System, Canadian Avalanche Association	Authorized Teaching 6 ☑ ☐ ☑ ☑	Vendor Direct
	Safety in Numbers: A Group Leader's Guide to Ski Outings *Snow Smart*	1991	Canadian Ski Patrol System, Canadian Avalanche Association	Authorized Teaching 6 ☑ ☐ ☑ ☑	Vendor Direct
NEW	Station Games: Fun and Imaginative PE Lessons	2002	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☐ ☑	LRC 482224 $17.75

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Step Lively! Dances for Schools and Families (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 ✓ ☐ ☐ ✓	LRC 456550 $27.80
Step Lively 2: Canadian Dance Favourites (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 ✓ ☐ ☐ ✓	LRC 456542 $27.80
Archery (2nd Ed.) *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406274 $20.15
Bowling (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406282 $18.75
Golf (2nd Ed.) *Steps to Success Activity Series*	1995	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406290 $18.75
Ice Skating *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406307 $18.75
Netball *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406315 $20.85
Squash *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406323 $18.75
Swimming (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406331 $26.85

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	Tennis (2nd Ed.) *Steps to Success Activity Series*	1995	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Out-of-Print 406349
	Volleyball (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406357 $18.75
	Weight Training (2nd Ed.) *Steps to Success Activity Series*	1992	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406365 $18.75
NEW	Strategies for Inclusion: A Handbook for Physical Educators	2002	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 512146 $41.70
	Survival Kit for the Introduction of Team Handball		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Vendor Direct
	Synchronized Ball Skills	1998	Educational Activities Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☐ ☑ ☐	LRC 395849 $25.80
NEW	Teaching Children Gymnastics (2nd Ed.)	2004	Human Kinetics Canada	Authorized Teaching 1, 2, 3, 4, 5, 6 ☑ ☐ ☑ ☑	LRC 552689 $27.80
	Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM)	2001	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 456328 $47.75
	Teaching Health-related Exercise at Key Stages 1 and 2	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☐ ☑	LRC 395964 $26.45

GRADE 4 TO GRADE 6 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
NEW	Teaching Martial Arts for Fitness and Fun Video: A Noncontact Approach for Young People (Video)	2000	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓		✓	LRC 476863 $72.30
	Teaching Middle School Physical Education	1997	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8	✓	✓	✓	✓	Out-of-Print 395774
	Teaching the Nuts and Bolts of Physical Education: Building Basic Movement Skills	2000	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓		✓	✓	LRC 414334 $28.20
	Teaching Orienteering (2nd Ed.)	1998	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 395815 $27.10
	Teaching for Outcomes in Elementary Physical Education: A Guide for Curriculum and Assessment		Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC 414326 $35.45
NEW	Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach	2003	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 537178 $22.95
	Teaching Tumbling	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6	✓	✓	✓	✓	LRC 395972 $27.80
	Team Building through Physical Challenges	1992	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 456310 $20.15
	Team Handball (Promotional Video)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	Vendor Direct

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Up, Down All Around Gymnastics (includes Lesson Plans: Series A; Lesson Plans: Series B; Lesson Plans: Series C; Teacher's Guide) *Up, Down All Around Gymnastics Lesson Plans*	1994	Ruschkin Publishing	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☑ ☑	LRC
Up, Down All Around Gymnastics Lesson Plans: Series A				$29.00 395881
Up, Down All Around Gymnastics Lesson Plans: Series B				$29.00 395899
Volleyball for Children	1995	Volleyball Canada	Authorized Teaching 4, 5, 6, 7 ☑ ☐ ☑ ☐	LRC 398372 $23.15
Blocking, Defense, Passing, Serving, Setting, Spiking *Volleyball Technical Posters* (To be withdrawn from authorization August 31, 2006)	1998	Volleyball Canada	Support 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Out-of-Print 395089
NEW Walking Games and Activities (40 New Ways to Make Fitness Fun)	2002	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☑	LRC 470477 $25.00
A Western Playday	1998	The Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☑ ☑	LRC 396269 $15.45
NEW Why Paper & Scissors Rock!!!	2003	Canadian Association for Health Physical Education Recreation and Dance (CAHPERD)	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☐	LRC 564163 $20.90
NEW Win Win Tag Games (©2002)	2002	Sport Books Publisher	Authorized Teaching K, 1, 2, 3, 4, 5, 6 ☑ ☑ ☑ ☑	LRC 407892 $17.60
NEW You're "It"! Tag, Tag and More Tag: Games for All Ages	2001	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 564460 $17.40

GRADE 4 TO GRADE 6 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
The Young Baseball Player *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1998	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Basketball Player *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1995	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Gymnast *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1995	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Inline Skater *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1996	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Martial Arts Enthusiast *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1997	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Rider *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1993	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Snowboarder *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1997	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Swimmer *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1997	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Tennis Player *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1996	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Track and Field Athlete *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1996	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print

Part I: GRADE 7 TO GRADE 9

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW The Active Edge: A Guide to Active Living for Teens: Partner Guide to The Eating Edge		Alberta Milk	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ☑ ☐ ☑	Vendor Direct
Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☑ ☑ ☑	LRC 396136 $27.00
Basic Skills Video: Volleyball (To be withdrawn from authorization August 31, 2006)	1993	Volleyball Canada	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☑	Vendor Direct
NEW Body Image Resource Collection (Kit) (Grades 7 - 9) *Body Image Resource Collection*	2001	Alberta Mental Health Board - Body Images Project	Authorized Teaching 7, 8, 9 ☐ ☑ ☐ ☑	Available through the 17 Regional Health and Mental Health centres in Alberta.
NEW Body Image Resource Collection (Kit) (Grades 7 - 9) (©2004) *Body Image Resource Collection*	2004	body image works inc.	Authorized Teaching 7, 8, 9 ☐ ☑ ☐ ☑	Vendor Direct
Bounceball (Videocassette; Instructor's Handbook) (To be withdrawn from authorization August 31, 2006)	1995	Bounceball Sports	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☐	Out-of-Print 398629
Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards)	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☐	LRC 396144 $33.35
Canadian Wheelchair Basketball Association's National Teaching Manual	1997	Canadian Wheelchair Basketball Association (CWBA) / Association Canadienne de Basketball en Fauteuil Roulant (l'ACBFR)	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 408460 $11.60

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Changing Kids' Games (2nd Ed.)	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9	✓		✓		LRC 428294 $26.85
NEW Character Education: 43 Fitness Activities for Community Building	2003	Human Kinetics Canada	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9		✓	✓	✓	LRC 538374 $21.20
NEW Chasing the Dream: Women's International Hockey & the Quest for Glory *The Olympians*	2001	CBC International Sales	Support 7, 8, 9, 10, 11, 12			✓	✓	LRC 600834 $69.55
Christy Lane's Complete Book of Line Dancing *Christy Lane Video/Music Series* (To be withdrawn from authorization August 31, 2006)	1995	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	Out-of-Print 398554
Christy Lane's Complete Guide to Party Dances (Videocassette) *Christy Lane Video/Music Series*	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398489 $22.30
Christy Lane's Complete Line Dancing Music (Audiocassette) *Christy Lane Video/Music Series* (To be withdrawn from authorization August 31, 2006)	1998	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398538 $31.55
Christy Lane's Complete Line Dancing Music (CD-ROM) *Christy Lane Video/Music Series*	1998	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398520 $31.55
Christy Lane's Complete Party Dance Music (CD-ROM) *Christy Lane Video/Music Series*	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398504 $14.60
Christy Lane's Learn the Dances of the 50's and 60's (Videocassette) *Christy Lane Video/Music Series*	1996	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398455 $14.60
Christy Lane's Learn the Dances of the 70's (Videocassette) *Christy Lane Video/Music Series*	1996	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398463 $14.60

GRADE 7 TO GRADE 9 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	Christy Lane's Learn the Dances of the 80's (Videocassette) *Christy Lane Video/Music Series*	1996	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398471 $14.60
	Christy Lane's Let's Do Ballroom (CD) *Christy Lane Video/Music Series*	1997	Christy Lane Enterprises	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 398512 $14.60
NEW	Christy Lane's Old School Slide & Xtreme Slide (Video and Audio CD)	2002	Christy Lane Enterprises	Authorized Teaching 7, 8, 9, 10, 11, 12	✓			✓	LRC 597239 $19.95
	Coaching Certification Technical Manual: Level 1 (Archery)	1996	Federation of Canadian Archers Inc.	Authorized Teaching 7, 8, 9, 10, 11, 12	✓				LRC 408197 $34.70
NEW	Coaching Youth Wrestling	2003	KineticVideoCom	Authorized Teaching 7, 8	✓			✓	LRC 599631 $42.85
	Code of Ethics for Athletes		Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES)	Support 7, 8, 9, 10, 11, 12			✓		Out-of-Print
	Cooperative Learning in Physical Education	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	Out-of-Print 396201
NEW	Creating Rubrics for Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 520941 $21.05
NEW	Daily Vigorous Physical Activity: Teacher Resource Guide	2001	York Region District School Board	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8		✓		✓	LRC 585416 $29.00

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Dumbbells for Dumbbells: Personal Weight Training Guide	1994	Serious Fun Enterprises	Authorized Teaching 9, 10, 11, 12 ☑ ☑ ☐ ☑	LRC 395253 $16.25
NEW The Eating Edge: A Guide to Healthy Eating for Teens: Partner's Guide Grades 9-10 (To be withdrawn from authorization August 31, 2006)	1995	Alberta Milk	Authorized Teaching 7, 8, 9 ☐ ☑ ☐ ☐	Vendor Direct
Every Body Is a Somebody: Facilitator's Guide	1997	Calgary Regional Health Authority (CRHA) - Body Images Project	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ☑ ☐ ☐	LRC 454257 $36.17
Fair Play for Kids: A Handbook of Activities for Teaching Fair Play (2nd Ed.)	1995	Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES)	Authorized Teaching 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☑	LRC 394651 $23.35
NEW 50 Games with 50 Tennis Balls	2003	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 560517 $21.05
The First Ultimate Book of Games	1999	Concepts Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 436057 $24.90
Fit-Skip-Ness: The Skipping Challenge	1994	ATEC Marketing Limited	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☑	LRC 395120 $16.20
Fitness Education for Children: A Team Approach	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8 ☑ ☑ ☐ ☑	LRC 396219 $30.25
Games to Keep Kids Moving: P.E. Activities to Promote Total Participation, Self-esteem, and Fun for Grades 3–8	1995	Pearson Canada	Authorized Teaching 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	LRC 395097 $60.40

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 396160 $21.90
Get the Edge: Power Skating	1996	Raincoast Books	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓				Out-of-Print 396152
Great Careers for People Interested in Sports & Fitness	1994	WEIGL Educational Publishers Limited	Support 9, 10, 11, 12			✓	✓	LRC 410564 $14.40
Great Gator Games: "With a Kid & a Ball You Can Do it All"	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 395162 $20.90
Gym Ringette *Basic Skills*	1996	Ringette Alberta	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓		LRC 394940 $13.90
Gymnastics Fun & Games	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 396227 $16.65
Health and Fitness through Physical Education	1994	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12		✓		✓	Out-of-Print 410340
Hockey Coaching: The ABC's of International Hockey: Levels 0–2: Book 1	1997	Centax Book and Distribution	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓		LRC 394776 $18.50
NEW Inclusion Through Sports: A Guide to Enhancing Sport Experiences	2002	Human Kinetics Canada	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 512138 $40.35

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Inclusive Games	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7	✓		✓	✓	LRC 396235 $26.95
Innovative Games	1993	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 410324 $19.85
NEW Juggling: From Start to Star	2002	Human Kinetics (Canada)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓		✓	LRC 473059 $20.85
NEW Jump 2b Fit: Rope Skipping Fitness & Activity Program (includes Video, Teacher's Guide, Activities, Audio CD, Posters)	2002	ATEC Marketing Limited	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 545080 $46.30
Learning by Choice in Secondary Physical Education: Creating a Goal-directed Program	2001	Human Kinetics Canada	Authorized Teaching 7, 8, 9, 10, 11, 12	✓			✓	LRC 456302 $30.25
Lessons from the Heart: Individualizing Physical Education with Heart Rate Monitors	1997	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12		✓		✓	LRC 437849 $20.85
Let's Play Mini-Handball (Video)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9	✓		✓	✓	Vendor Direct
Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12		✓	✓	✓	LRC 458142 $40.60
Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12		✓	✓	✓	LRC 458150 $9.80

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Mass Appeal: Activities for Groups of 50 or More	1997	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7 ☑ ☐ ☑ ☑	LRC 395154 $20.90
Mega Hoops Resource Kit (with Poster)	1996	Basketball Ontario	Authorized Teaching 3, 4, 5, 6, 7, 8 ☑ ☐ ☑ ☑	LRC 398611 $75.35
NEW Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness	2002	Human Kinetics	Authorized Teaching 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☑ ☐ ☑	LRC 471607 $28.30
Mini-Handball (Red Cover)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☐	Vendor Direct
Mini-Handball (Yellow Cover)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☑	Vendor Direct
NEW A Mitt Full of Baseball and Softball Type Games *The Biggest Little Games Books Ever! Series*	2002	Creative Network	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☑	LRC 558314 $23.15
More Innovative Games	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 410332 $28.30
More Team Building Challenges	1995	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☐	LRC 395790 $18.75
Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability	1994	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Vendor Direct

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Multicultural Folk Dance Treasure Chest (Audiocassette Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 395823 $104.25
Multicultural Folk Dance Treasure Chest (CD Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 397556 $110.90
Multicultural Games	1997	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☐ ☑ ☐	LRC 410283 $24.95
NEW 101 Fun Warm-Up and Cool-Down Games	2004	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 580143 $19.85
Parachute Games	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	LRC 396243 $18.75
NEW PE - 4 - ME: Teaching Lifelong Health and Fitness	2000	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10 ☑ ☑ ☑ ☑	LRC 473041 $40.70
PE for You	1998	Bacon & Hughes Limited	Support 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☑	LRC 394445 $44.00
PE for You: Teacher's Resource Pack	1999	Bacon & Hughes Limited	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ☑ ☐ ☑	LRC 408436 $159.60
Physical Activity Ideas for Action: Secondary Level	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☐	LRC 395766 $18.75

GRADE 7 TO GRADE 9 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	Physical Best Activity Guide (Secondary Level)	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 7, 8, 9, 10, 11, 12	✓	✓		✓	LRC 409898 $37.05
	Physical Education for Children: Daily Plans for Middle School (2nd Ed.)	2000	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8	✓	✓	✓	✓	LRC 428286 $47.25
	Physical Education: A Positive Place to Learn: Tips for Teachers		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 455940 $10.80
NEW	Portfolio Assessment for K-12 Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 520933 $21.05
NEW	Badminton: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001-2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476649 $11.80
NEW	Basketball: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476657 $11.80
NEW	Curling: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476665 $11.80
NEW	Disc Sports: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2003	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 491655 $11.80
NEW	Field Hockey: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476673 $11.80

GRADE 7 TO GRADE 9 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
NEW	Golf: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2004	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 492801 $11.80
NEW	Gymnastics: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476681 $11.80
NEW	Ice Skating: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476722 $11.80
NEW	Judo: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2000	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 504135 $11.80
NEW	Orienteering: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476748 $11.80
NEW	Soccer: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476756 $11.80
NEW	Softball: Teaching the Basics: Resource Manual (©2001) *Premier's Sport Awards Program*	2001	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476764 $11.80
NEW	Track & Field: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476772 $11.80
NEW	Volleyball: Teaching the Basics: Resource Manual (©2002) *Premier's Sport Awards Program*	2002	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 476780 $11.80
	PRISM: Rhythmic Gymnastics Skill Development Program	1999	Alberta Rhythmic Sportive Gymnastics Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓			✓	LRC 456477 $87.70

GRADE 7 TO GRADE 9 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	Professional and Student Portfolios for Physical Education	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ☐	LRC 396178 $37.70
	Ready-to-Use P.E. Activities for Grades 7–9	1993	Pearson Canada	Authorized Teaching 7, 8, 9 ✓ ☐ ✓ ✓	LRC 257213 $44.40
	Ready-to-Use Secondary P.E. Activities Program: Lessons, Tournaments & Assessments for Grades 6–12	1996	Pearson Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ☐	LRC 397861 $55.60
	Rhythmic Activities and Dance	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	LRC 396251 $26.10
	Right Fielders Are People Too: An Inclusive Approach to Teaching Middle School Physical Education	1998	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8 ✓ ✓ ✓ ✓	LRC 399346 $30.55
	Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource	2001	Learning Resources Centre (LRC)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ☐ ☐	LRC 440553 $7.25
NEW	Safety Guidelines for Physical Activity in Alberta Schools (Revised Edition)	2003	Alberta Centre for Injury Control and Research (U of A)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ✓ ✓	LRC 517063 $18.55
NEW	Safety Guidelines for Secondary Interschool Athletics in Alberta	2003	Alberta Centre for Injury Control and Research	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 517055 $12.80
	Beating the Odds: Avalanche Search & Rescue *Snow Smart*	1996	Canadian Ski Patrol System, Canadian Avalanche Association	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	Vendor Direct

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW Sports, Drugs and You	1999	Omega Films Limited	Support 8, 9 ☐ ☑ ☐ ☐	ACCESS–The Education Station / Regional Resource and Urban Media Centres **BPN** 20354-01
Step Lively! Dances for Schools and Families (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 ☑ ☐ ☐ ☑	LRC 456550 $27.80
Step Lively 2: Canadian Dance Favourites (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 ☑ ☐ ☐ ☑	LRC 456542 $27.80
Archery (2nd Ed.) *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406274 $20.15
Bowling (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406282 $18.75
Golf (2nd Ed.) *Steps to Success Activity Series*	1995	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406290 $18.75
Ice Skating *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406307 $18.75
Netball *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 406315 $20.85

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Squash *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406323 $18.75
Swimming (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406331 $26.85
Tennis (2nd Ed.) *Steps to Success Activity Series*	1995	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	Out-of-Print 406349
Volleyball (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406357 $18.75
Weight Training (2nd Ed.) *Steps to Success Activity Series*	1992	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406365 $18.75
NEW Strategies for Inclusion: A Handbook for Physical Educators	2002	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 512146 $41.70
Stretching & Flexibility: An Interactive Personal Stretching and Fitness Program: CD-ROM (Windows Version) with Instructor's Manual		Savvy Knowledge Systems	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ✓ ☐ ✓	LRC 453837 $29.95
Student-Centered Physical Education: Strategies for Developing Middle School Fitness and Skills	1998	Human Kinetics	Authorized Teaching 7, 8, 9 ✓ ✓ ✓ ☐	LRC 395782 $30.25
Survival Kit for the Introduction of Team Handball		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	Vendor Direct

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Swimming and Water Safety (To be withdrawn from authorization August 31, 2005)	1995	The Canadian Red Cross Society	Authorized Teaching 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 371328 $32.40
Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM)	2001	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 456328 $47.75
NEW Teaching Martial Arts for Fitness and Fun Video: A Noncontact Approach for Young People (Video)	2000	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓		✓	LRC 476863 $72.30
Teaching Middle School Physical Education	1997	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8	✓	✓	✓	✓	Out-of-Print 395774
Teaching Orienteering (2nd Ed.)	1998	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 395815 $27.10
NEW Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach	2003	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	✓	✓	✓	✓	LRC 537178 $22.95
Teaching Sport Concepts and Skills: A Tactical Games Approach	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12	✓			✓	LRC 395758 $27.10
Team Building through Physical Challenges	1992	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 456310 $20.15
Team Handball (Promotional Video)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	Vendor Direct

GRADE 7 TO GRADE 9 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	The Treasury of Moga Madness: For Youth-by-Youth Active Living Challenges for the Most Outrageous Group Activity	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☑	LRC 397423 $20.90
	Volleyball for Children	1995	Volleyball Canada	Authorized Teaching 4, 5, 6, 7 ☑ ☐ ☑ ☐	LRC 398372 $23.15
	Blocking, Defense, Passing, Serving, Setting, Spiking *Volleyball Technical Posters* (To be withdrawn from authorization August 31, 2006)	1998	Volleyball Canada	Support 4, 5, 6, 7, 8 9, 10, 11, 12 ☑ ☐ ☑ ☑	Out-of-Print 395089
NEW	Walking Games and Activities (40 New Ways to Make Fitness Fun)	2002	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☑	LRC 470477 $25.00
NEW	Why Paper & Scissors Rock!!!	2003	Canadian Association for Health Physical Education Recreation and Dance (CAHPERD)	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☐	LRC 564163 $20.90
	Wrestling: The Original Sport (Video and Curriculum Guide) (To be withdrawn from authorization August 31, 2006)	1993	Canadian Amateur Wrestling Association (CAWA)	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 409583 $40.60
NEW	You're "It"! Tag, Tag and More Tag: Games for All Ages	2001	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 564460 $17.40
	The Young Baseball Player *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1998	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	Out-of-Print
	The Young Basketball Player *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1995	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ☑ ☑ ☑ ☑	Out-of-Print

GRADE 7 TO GRADE 9 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
The Young Gymnast *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1995	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Inline Skater *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1996	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Martial Arts Enthusiast *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1997	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Rider *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1993	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Snowboarder *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1997	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Swimmer *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1997	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Tennis Player *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1996	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print
The Young Track and Field Athlete *The Young Enthusiast* (To be withdrawn from authorization August 31, 2005)	1996	Fitzhenry & Whiteside Ltd.	Support 4, 5, 6, 7, 8, 9 ✓ ✓ ✓ ✓	Out-of-Print

Part I: GRADE 10 TO GRADE 12

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12		✓	✓	✓	LRC 396136 $27.00
	Basic Skills Video: Volleyball (To be withdrawn from authorization August 31, 2006)	1993	Volleyball Canada	Authorized Teaching 7, 8, 9, 10, 11, 12	✓			✓	Vendor Direct
NEW	Body Image Resource Collection (Kit) (Grades 10 - 12) *Body Image Resource Collection*	2001	Alberta Mental Health Board - Body Images Project	Authorized Teaching 10, 11, 12		✓		✓	Available through the 17 Regional Health and Mental Health centres in Alberta.
	Bounceball (Videocassette; Instructor's Handbook) (To be withdrawn from authorization August 31, 2006)	1995	Bounceball Sports	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓		Out-of-Print 398629
	Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards)	1995	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓		LRC 396144 $33.35
	The Canadian Active Living Challenge: Leader's Resource Tool Kit: Program 4: Ages 15 to 18 (To be withdrawn from authorization August 31, 2006)	1994	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching 10, 11, 12				✓	Out-of-Print 408931
	Canadian Wheelchair Basketball Association's National Teaching Manual	1997	Canadian Wheelchair Basketball Association (CWBA) / Association Canadienne de Basketball en Fauteuil Roulant (l'ACBFR)	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 408460 $11.60
NEW	Chasing the Dream: Women's International Hockey & the Quest for Glory *The Olympians*	2001	CBC International Sales	Support 7, 8, 9, 10, 11, 12			✓	✓	LRC 600834 $69.55

GRADE 10 TO GRADE 12 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Christy Lane's Complete Book of Line Dancing *Christy Lane Video/Music Series* (To be withdrawn from authorization August 31, 2006)	1995	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	Out-of-Print 398554
Christy Lane's Complete Guide to Party Dances (Videocassette) *Christy Lane Video/Music Series*	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398489 $22.30
Christy Lane's Complete Line Dancing Music (Audiocassette) *Christy Lane Video/Music Series* (To be withdrawn from authorization August 31, 2006)	1998	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398538 $31.55
Christy Lane's Complete Line Dancing Music (CD-ROM) *Christy Lane Video/Music Series*	1998	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398520 $31.55
Christy Lane's Complete Party Dance Music (CD-ROM) *Christy Lane Video/Music Series*	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398504 $14.60
Christy Lane's Learn the Dances of the 50's and 60's (Videocassette) *Christy Lane Video/Music Series*	1996	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398455 $14.60
Christy Lane's Learn the Dances of the 70's (Videocassette) *Christy Lane Video/Music Series*	1996	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398463 $14.60
Christy Lane's Learn the Dances of the 80's (Videocassette) *Christy Lane Video/Music Series*	1996	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398471 $14.60
Christy Lane's Let's Do Ballroom (CD) *Christy Lane Video/Music Series*	1997	Christy Lane Enterprises	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 398512 $14.60
NEW Christy Lane's Old School Slide & Xtreme Slide (Video and Audio CD)	2002	Christy Lane Enterprises	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ☐ ✓	LRC 597239 $19.95

GRADE 10 TO GRADE 12 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	Coaching Certification Technical Manual: Level 1 (Archery)	1996	Federation of Canadian Archers Inc.	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ☐ ☐	LRC 408197 $34.70
	Code of Ethics for Athletes		Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES)	Support 7, 8, 9, 10, 11, 12 ☐ ☐ ✓ ☐	Out-of-Print
NEW	Creating Rubrics for Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 520941 $21.05
	Dumbbells for Dumbbells: Personal Weight Training Guide	1994	Serious Fun Enterprises	Authorized Teaching 9, 10, 11, 12 ✓ ✓ ☐ ✓	LRC 395253 $16.25
	Every Body Is a Somebody: Facilitator's Guide	1997	Calgary Regional Health Authority (CRHA) - Body Images Project	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ✓ ☐ ☐	LRC 454257 $36.17
NEW	50 Games with 50 Tennis Balls	2003	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 560517 $21.05
NEW	First Response: The ABC's of CPR	2002	Magic Lantern Communications Ltd.	Authorized Teaching 10, 11, 12 ☐ ☐ ☐ ✓	ACCESS–The Education Station / Regional Resource and Urban Media Centres **BPN** 20680 01
	The First Ultimate Book of Games	1999	Concepts Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 436057 $24.90

GRADE 10 TO GRADE 12 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Fitness Aquatics *Fitness Spectrum*	1997	Human Kinetics	Authorized Teaching 10, 11, 12	✓	✓		✓	LRC 397580 $20.35
Fitness Cross-training *Fitness Spectrum*	1995	Human Kinetics	Authorized Teaching 10, 11, 12	✓	✓		✓	LRC 397598 $18.50
Fitness Walking *Fitness Spectrum*	1995	Human Kinetics	Authorized Teaching 10, 11, 12	✓	✓		✓	LRC 397605 $20.35
Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages	1996	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 396160 $21.90
Get the Edge: Power Skating	1996	Raincoast Books	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓				Out-of-Print 396152
Great Careers for People Interested in Sports & Fitness	1994	WEIGL Educational Publishers Limited	Support 9, 10, 11, 12			✓	✓	LRC 410564 $14.40
Gym Ringette *Basic Skills*	1996	Ringette Alberta	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓		LRC 394940 $13.90
Health and Fitness through Physical Education	1994	Human Kinetics Publisher's, Inc.	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12		✓		✓	Out-of-Print 410340
NEW High School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness	2003	Human Kinetics Canada	Authorized Teaching 10, 11, 12		✓		✓	LRC 574435 $34.80

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
Hockey Coaching: The ABC's of International Hockey: Levels 0–2: Book 1	1997	Centax Book and Distribution	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓		LRC 394776 $18.50
NEW Inclusion Through Sports: A Guide to Enhancing Sport Experiences	2002	Human Kinetics Canada	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 512138 $40.35
Innovative Games	1993	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8, 9, 10, 11, 12	✓		✓	✓	LRC 410324 $19.85
NEW Juggling: From Start to Star	2002	Human Kinetics (Canada)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓		✓	LRC 473050 $20.85
NEW Jump 2b Fit: Rope Skipping Fitness & Activity Program (includes Video, Teacher's Guide, Activities, Audio CD, Posters)	2002	ATEC Marketing Limited	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 545080 $46.30
Learning by Choice in Secondary Physical Education: Creating a Goal-directed Program	2001	Human Kinetics Canada	Authorized Teaching 7, 8, 9, 10, 11, 12	✓			✓	LRC 456302 $30.25
Lessons from the Heart: Individualizing Physical Education with Heart Rate Monitors	1997	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12		✓		✓	LRC 437849 $20.85
Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12		✓	✓	✓	LRC 458142 $40.60
Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes	2001	Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12		✓	✓	✓	LRC 458150 $9.80

GRADE 10 TO GRADE 12 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
NEW Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness	2002	Human Kinetics	Authorized Teaching 5, 6, 7, 8, 9, 10, 11, 12 [ ] [✓] [ ] [✓]	LRC 471607 $28.30
More Innovative Games	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 6, 7, 8, 9, 10, 11, 12 [✓] [ ] [✓] [✓]	LRC 410332 $28.30
More Team Building Challenges	1995	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 [✓] [ ] [✓] [ ]	LRC 395790 $18.75
Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability	1994	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 [✓] [ ] [✓] [✓]	Vendor Direct
Multicultural Folk Dance Treasure Chest (Audiocassette Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 [✓] [ ] [✓] [✓]	LRC 395823 $104.25
Multicultural Folk Dance Treasure Chest (CD Version)	1998	Human Kinetics	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 [✓] [ ] [✓] [✓]	LRC 397556 $110.90
NEW 101 Fun Warm-Up and Cool-Down Games	2004	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 [✓] [✓] [✓] [✓]	LRC 580143 $19.85
NEW PE - 4 - ME: Teaching Lifelong Health and Fitness	2000	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10 [✓] [✓] [✓] [✓]	LRC 473041 $40.70
PE for You	1998	Bacon & Hughes Limited	Support 7, 8, 9, 10, 11, 12 [✓] [✓] [ ] [✓]	LRC 394445 $44.00

GRADE 10 TO GRADE 12 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	PE for You: Teacher's Resource Pack	1999	Bacon & Hughes Limited	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ☑ ☐ ☑	LRC 408436 $159.60
	Physical Activity Ideas for Action: Secondary Level	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☐	LRC 395766 $18.75
	Physical Best Activity Guide (Secondary Level)	1999	Human Kinetics Publisher's, Inc.	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☑	LRC 409898 $37.05
	Physical Education: A Positive Place to Learn: Tips for Teachers		Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☑	LRC 455940 $10.80
NEW	Portfolio Assessment for K-12 Physical Education *Assessment Series: K-12 Physical Education*	2000	National Association for Sport and Physical Education (NASPE)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 520933 $21.05
NEW	Disc Sports: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2003	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 491655 $11.80
NEW	Golf: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2004	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 492801 $11.80
NEW	Judo: Teaching the Basics: Resource Manual *Premier's Sport Awards Program*	2000	Premier's Sport Awards Program	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☑ ☑	LRC 504135 $11.80
	PRISM: Rhythmic Gymnastics Skill Development Program	1999	Alberta Rhythmic Sportive Gymnastics Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☑	LRC 456477 $87.70

GRADE 10 TO GRADE 12 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)					Supplier / Order No. / Price
	Professional and Student Portfolios for Physical Education	1998	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓		LRC 396178 $37.70
	Ready-to-Use Secondary P.E. Activities Program: Lessons, Tournaments & Assessments for Grades 6–12	1996	Pearson Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12	✓		✓		LRC 397861 $55.60
	Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource	2001	Learning Resources Centre (LRC)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12	✓				LRC 440553 $7.25
NEW	Safety Guidelines for Physical Activity in Alberta Schools (Revised Edition)	2003	Alberta Centre for Injury Control and Research (U of A)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12			✓	✓	LRC 517063 $18.55
NEW	Safety Guidelines for Secondary Interschool Athletics in Alberta	2003	Alberta Centre for Injury Control and Research	Authorized Teaching 7, 8, 9, 10, 11, 12	✓	✓	✓	✓	LRC 517055 $12.80
	Beating the Odds: Avalanche Search & Rescue *Snow Smart*	1996	Canadian Ski Patrol System, Canadian Avalanche Association	Authorized Teaching 7, 8, 9, 10, 11, 12	✓		✓	✓	Vendor Direct
	Athletic Taping *Sports First Aid*	1996	Sports Medicine Council of Alberta	Authorized Teaching 10, 11, 12		✓		✓	LRC 398421 $29.00
	A Guide to Sport Injuries *Sports First Aid*		Sports Medicine Council of Alberta	Authorized Teaching 10, 11, 12		✓		✓	LRC 321208 $29.00
	Step Lively! Dances for Schools and Families (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10	✓			✓	LRC 456550 $27.80

GRADE 10 TO GRADE 12 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Step Lively 2: Canadian Dance Favourites (includes CD) *Step Lively!*	2000	Community Dance Project	Authorized Teaching 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 ✓ ☐ ☐ ✓	LRC 456542 $27.80
Archery (2nd Ed.) *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406274 $20.15
Bowling (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406282 $18.75
Golf (2nd Ed.) *Steps to Success Activity Series*	1995	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406290 $18.75
Ice Skating *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406307 $18.75
Netball *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406315 $20.85
Squash *Steps to Success Activity Series*	1997	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406323 $18.75
Swimming (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406331 $26.85
Tennis (2nd Ed.) *Steps to Success Activity Series*	1995	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	Out-of-Print 406349

GRADE 10 TO GRADE 12 (continued)

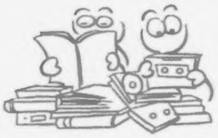
Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Volleyball (2nd Ed.) *Steps to Success Activity Series*	1996	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406357 $18.75
Weight Training (2nd Ed.) *Steps to Success Activity Series*	1992	Human Kinetics Publisher's, Inc.	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	LRC 406365 $18.75
Steroid and Body Image Kit	(1996)	Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES)	Support 10, 11, 12 ☐ ✓ ☐ ✓	LRC 400937 $6.00
Steroids: Bulking Up Can Kill	1998	Canadian Learning Company Inc.	Support 10, 11, 12 ☐ ✓ ✓ ✓	LRC 399073 $127.40
NEW Strategies for Inclusion: A Handbook for Physical Educators	2002	Human Kinetics Canada	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 512146 $41.70
Stretching & Flexibility: An Interactive Personal Stretching and Fitness Program: CD-ROM (Windows Version) with Instructor's Manual		Savvy Knowledge Systems	Authorized Teaching 7, 8, 9, 10, 11, 12 ☐ ✓ ☐ ✓	LRC 453837 $29.95
Student Leadership Development Guide: Secondary	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching 10, 11, 12 ☐ ☐ ✓ ✓	LRC 397481 $36.50
Survival Kit for the Introduction of Team Handball		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ☐ ✓ ✓	Vendor Direct
Swimming and Water Safety (To be withdrawn from authorization August 31, 2005)	1995	The Canadian Red Cross Society	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 371328 $32.40

GRADE 10 TO GRADE 12 (continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM)	2001	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 456328 $47.75
Teaching Orienteering (2nd Ed.)	1998	Human Kinetics	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	LRC 395815 $27.10
Teaching Sport Concepts and Skills: A Tactical Games Approach	1997	Human Kinetics	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☑	LRC 395758 $27.10
Team Building through Physical Challenges	1992	Human Kinetics Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☑	LRC 456310 $20.15
Team Handball (Promotional Video)		Alberta Team Handball Federation	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Vendor Direct
The Treasury of Moga Madness: For Youth-by-Youth Active Living Challenges for the Most Outrageous Group Activity	1998	Canadian Intramural Recreation Association (CIRA)	Authorized Teaching 7, 8, 9, 10, 11, 12 ☑ ☐ ☐ ☑	LRC 397423 $20.90
Blocking, Defense, Passing, Serving, Setting, Spiking *Volleyball Technical Posters* (To be withdrawn from authorization August 31, 2006)	1998	Volleyball Canada	Support 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☐ ☑ ☑	Out-of-Print 395089
NEW Walking Games and Activities (40 New Ways to Make Fitness Fun)	2002	Human Kinetics	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ☑ ☑ ☐ ☑	LRC 470477 $25.00
NEW Why Paper & Scissors Rock!!!	2003	Canadian Association for Health Physical Education Recreation and Dance (CAHPERD)	Authorized Teaching 4, 5, 6, 7, 8, 9, 10, 11, 12 ☐ ☐ ☑ ☐	LRC 564163 $20.90

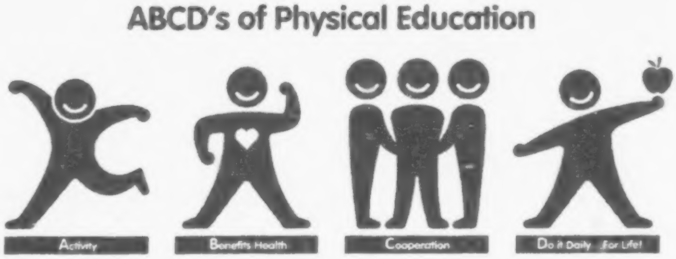
GRADE 10 TO GRADE 12 (continued)

	Series / Title	Copyright Date	Distributor	Status / Grade(s) / General Outcome(s)	Supplier / Order No. / Price
	Wrestling: The Original Sport (Video and Curriculum Guide) (To be withdrawn from authorization August 31, 2006)	1993	Canadian Amateur Wrestling Association (CAWA)	Authorized Teaching 7, 8, 9, 10, 11, 12 ✓ ✓ ✓	LRC 409583 $40.60
NEW	You're "It"! Tag, Tag and More Tag: Games for All Ages	2001	Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI)	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 ✓ ✓ ✓ ✓	LRC 564460 $17.40



ALBERTA ANNOTATED BIBLIOGRAPHY

Part II: Annotated Bibliography (Listed Alphabetically by Title)



Physical Education
Kindergarten to Grade 12

April 2005

Part II: Annotated Bibliography (alphabetical listing)

ABCD's of Movement Series	LRC Order No.:	Est. Cost:
• **ABCD's of Movement: Kindergarten**	471029	$58.00
• **ABCD's of Movement: Grade 1**	471037	$58.00
• **ABCD's of Movement: Grade 2**	471045	$58.00
• **ABCD's of Movement: Grade 3**	471053	$58.00
• **ABCD's of Movement: Grade 4**	471061	$58.00
• **ABCD's of Movement: Grade 5**	471079	$58.00
• **ABCD's of Movement: Grade 6**	471087	$58.00

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This locally-developed series links directly with the 2000 program of studies for Physical Education. Appropriate for generalists and specialists alike, the resource features physical education lesson plans for a particular grade, designed for a 3 x 30 minute week. Each lesson plan includes varied settings, numerous teaching strategies and student activities, safety considerations, warm-up activities, recommended equipment, tips for active inclusion of students with special needs, and much more.

Comments:

- To be most effective, this resource should be used in conjunction with the *Physical Education Kindergarten to Grade 12 Guide to Implementation.*

©2002

Distributor: Resource Development Services, Edmonton Public Schools; 1 Kingsway Avenue, EDMONTON, AB T5H 4G9
Telephone: 800–997–9098; 780–429-8122

LRC Order No.: **Est. Cost:**

The Active Edge: A Guide to Active Living for Teens: Partner Guide to The Eating Edge

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓								✓

This locally-produced manual was developed to encourage teens to increase activity as part of their lifestyle. The manual focuses on building the knowledge, attitudes and skills that will help teens make healthy choices. The resource takes a self-directed approach to student learning, providing five "integrity challenges" relating to personal food and activity choices. Each of the challenges takes 15 to 40 minutes to complete. The lesson plans include numerous related topics for students to explore and/or discuss, and overheads and blackline masters are provided to supplement the lesson plans.

Comments:
- This resource is also an authorized teaching resource for Health and Life Skills Grades 7 to 9.
- The manual may be used independently or in conjunction with *The Eating Edge*.

Distributor: Alberta Milk; 14904 121A Avenue, EDMONTON, AB T5V 1A3
Telephone: 800–252–7530; 780–453–5942 **E-mail:** srietveld@albertamilk.com

Active Playgrounds

603648 $26.10

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
						✓		✓	✓			

This resource includes 100 games that focus on increasing the activity levels of students through hopscotch, skipping, wall and ball games, hand clapping games, as well as some old favourites. The games aim to promote problem solving, social interaction, sharing and respecting others. Each game includes instructions, diagrams and variations.

Comments:
- This resource is by the same author as "Awesome Asphalt Activities."

Author(s): Doyle, P. ©2003
Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2
Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

			LRC Order No.:	Est. Cost:

Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines

396136 $27.00

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
				✓	✓					✓	✓	✓

Based on an extensive review of the scientific literature, this resource provides guidelines and realistic examples of programs that promote lifelong physical activity. The resource is suitable for administrators, teachers, coaches, parents, community health professionals and volunteers who advocate active living for all ages. The references in the resource are American-based, but can be adapted and applied to Canadian communities.

Author(s): Sammann, P. ©1998
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Aerobic Dances for Kids

395857 $25.80

Authorized Teaching Resource Grades K, 1, 2, 3

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓			✓	✓							

This CD-ROM and teacher guide provide dances for young children. The dances begin with warm up style movements that gradually increase pulse rates. Dances can be linked with suggested movement activities or used on their own. A cool down dance is provided. The CD-ROM includes music with voice cues and music only options for each of the 12 dances.

Author(s): Glass, H.B.; Hallum, R. ©1998
Distributor: Educational Activities Software; PO Box 754, BALDWIN, NY 11510 USA
Telephone: 800–645–2796; 516–867–7878 **E-mail:** astern@ea-software.com; achieve@ea-software.com

LRC Order No.: Est. Cost:

Assessment Series: K-12 Physical Education Series

- **Creating Rubrics for Physical Education** 520941 $21.05
- **Portfolio Assessment for K-12 Physical Education** 520933 $21.05

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

This series outlines two approaches to assessment in physical education: creating rubrics and portfolio assessment. In this resource, the use of rubrics as an assessment tool is explained, examples are given, and an outline of how to design rubrics is provided.

Comments:

- These resources give teachers an opportunity to develop tools to determine if outcomes have been met. The 1995 USA National Standards for Physical Education are used as the primary organizational framework for this process; it is recommended that school jurisdictions refer to their own standards.

Cautions:

- Additional resources are identified, but these have not been reviewed or authorized by Alberta Learning.

Author(s): Lund, J. ©2000

Distributor: National Association for Sport and Physical Education (NASPE); c/o AAHPERD
1900 Association Drive, RESTON, VA 20191-1599 USA
Telephone: 800–213–7193; 703–476–3410 **E-mail:** naspe@aahperd.org

Badminton: Learning Activities for Elementary School: Teacher Handbook 397275 $46.35

Authorized Teaching Resource Grades 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											✓

This 200-page resource has an in-depth developmental focus on teaching badminton at the elementary level (grades 2–6). Basic skills, such as court movement, stance, footwork, racquet control and "bird" control, are followed by more advanced strategy skills. Lesson plans for each grade level include learning activities, teaching and safety tips, objectives and outcomes, and assessment considerations.

©1994

Distributor: Badminton Canada; Suite 1401, 85 Albert Street, OTTAWA, ON K1P 6A4
Telephone: 613–569–2424 **E-mail:** badminton@badminton.ca

(To be withdrawn from authorization August 31, 2006)

LRC Order No.: Est. Cost:

Bang for Your Buck

603630 $21.75

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓					✓		✓		✓		

This resource includes 100 games and activities involving the use of inexpensive supplies that can be purchased at a local discount store. The games and activities emphasize locomotion, movement and manipulation skills, safety and participation. They are grouped according to the supplies required, for example, foam squares, playing cards, bracelets, stuffed animals, Hula Hoops, sponges, balls, foam puzzles, Popsicle sticks, cones and pylons, balloons, clothes pins, Frisbees. Each activity is outlined with necessary equipment , outcome, instructions and variations, and may be used in physical education or intramurals.

Author(s): Byl, K. etal. ©2004

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034
HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

The Biggest Little Games Books Ever! Series

A Barrel Full of Basketball Type Games (Revised Edition)

396293 $23.15

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				

This resource provides activities for teaching basic basketball skills. The book is organized into a series of tasks and consolidating games that include use of space footwork, body work, dribbling, passing and receiving, shooting, offensive and defensive play. Also included are helpful suggestions for behaviour management, positive attitudes and good sportsmanship in the gym. In this new edition, the format is now 8.5" x 11" (previously 8.5" x 5.5"), all text is printed in a smaller, easier-to-read font, and the diagrams are smaller.

Comments:

- The resource does not include ideas on how games could be modified for students with disabilities.

Author(s): Brewer, J. ©2001

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

LRC Order No.: Est. Cost:

The Biggest Little Games Book Ever!: Mini-Series Book 3 Series

A Barrel Full of Basketball Type Games (Part 1 and Part 2)

Out-of-print

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				

This resource provides activities for teaching basic basketball skills. The book is organized into a series of tasks and consolidating games that include use of space footwork, body work, dribbling, passing and receiving, shooting, offensive and defensive play. Also included are helpful suggestions for behaviour management, positive attitudes and good sportsmanship in the gym.

Comments:

- The resource does not include ideas on how games could be modified for students with disabilities.

Author(s): Brewer, J. ©1996

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

Basic Skills Video: Volleyball

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓								✓		✓	

This 20-minute video demonstrates and explains how to execute the basic skills of volleyball: overhand serve, forearm pass, set, spike/attack and block. Skills are broken down and demonstrated by top level provincial players and members of the Canadian national volleyball team.

©1993

Distributor: Volleyball Canada; 2, 5510 Canotek Road, GLOUCESTER, ON K1J 9J5

Telephone: 613–748–5681 **E-mail:** info@volleyball.ca

(To be withdrawn from authorization August 31, 2006)

LRC Order No.: Est. Cost:

The Biggest Little Games Book Ever! For Teachers and Community Leaders Everywhere 261652 $30.90

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓				

This 200-page resource includes 350 games and activities divided into eight sections: actvities for 5-8+ year olds, tag games, upper body strengthening activities, warm up games, control games, goofy relays, and fun activities for acrobats. Each activity includes a description, illustrations and variations.

Author(s): Brewer, J. ©1991

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment 339409 $30.90

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓			✓	

This 232-page resource offers ideas for physical education instruction through games using small equipment. The resource is divided into eight sections: beanbags, hoops, balls using hands, balls using feet, sticks and pucks, scoops, paddle bats and racquets, and jump ropes. Each activity includes a description, illustrations and variations. Step-by-step commands for each task take players from the very basic to a fairly sophisticated level of skill. The resource provides new ideas for teachers to add to their repertoires, with an emphasis on instruction of beginners.

Author(s): Brewer, J. ©1995

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

Body Image Resource Collection Series

- **Body Image Resource Collection (Kit) (Grades 1 - 3)**
- **Body Image Resource Collection (Kit) (Grades 4 - 6)**
- **Body Image Resource Collection (Kit) (Grades 7 - 9)**
- **Body Image Resource Collection (Kit) (Grades 10 - 12)**

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Available through the 17 Regional Health and Mental Health centres in Alberta.

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
			✓	✓							✓	

These resources are locally developed, colourful and easy to use. They consist of varied components that encourage positive body image, encased in a durable storage/carrying case. The student activity materials included in the kit range from story books and a video to a magic bag and puppets. The accompanying teacher's guide provides lesson plans, background information and transparencies focusing on self-esteem and positive self-image.

Comments:

- The kits for Grades 1-3, Grades 4-6, and Grades 7-9 are also authorized teaching resources for Health and Life Skills. The kit for Grades 10-12 is an authorized teaching resource for Career and Life Management.

Author(s): Ryeder, S. et. al. ©2001

Distributor: Calgary Regional Health Authority (CRHA) – Body Images Project; Suite 420, 301 – 14 Street NW, CALGARY, AB T2N 2A1

Telephone: 403–297–5416 **E-mail:** Sabine.Ryder@amhb.ab.ca

LRC Order No.: Est. Cost:

Body Image Resource Collection Series

- **Body Image Resource Collection (Kit) (Grades 1 - 3) (©2004)**
- **Body Image Resource Collection (Kit) (Grades 4 - 6) (©2004)**
- **Body Image Resource Collection (Kit) (Grades 7 - 9) (©2004)**

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9

Available through the 17 Regional Health and Mental Health centres in Alberta.

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
			✓	✓							✓	

These revised kits, developed in 2004, are smaller and less cumbersome than the older kits. The interactive resource collection consists of varied components e.g., puppets, games, storybooks, videocassette, which along with the teacher's guide, provide information about various topics related to body image. The lesson plans, which focus on wellness, include background information, transparencies and student activities.

Comments:

- The kits for Grades 1-3, Grades 4-6, and Grades 7-9 are also authorized teaching resources for Health and Life Skills

Author(s): Ryeder, S. et. al. ©2004

Distributor: Calgary Regional Health Authority (CRHA) – Body Images Project; Suite 420, 301 – 14 Street NW, CALGARY, AB T2N 2A1

Telephone: 403–297–5416 **E-mail:** Sabine.Ryder@amhb.ab.ca

Bounceball (Videocassette; Instructor's Handbook)

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Out-of-print

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				

Bounceball is a new throwing and catching game that encourages teamwork and cooperation between three or more teams playing at the same time. It requires minimal skills and encourages a high level of participation. This 34-page instructor's handbook and 5-minute videocassette introduce the game and provide an outline for a 7-day unit.

Author(s): Therrien, C. ©1995

Distributor: Bounceball Sports; 120, 1140 Castle Crescent, PORT COQUITLAM, BC V3C 5M2

Telephone: 604–552–1104

(To be withdrawn from authorization August 31, 2006)

LRC Order No.: **Est. Cost:**

The Biggest Little Games Books Ever! Series

A Bucket Full of Ball Games (Revised Edition) 396293 $23.15

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓						

This resource includes over 70 games, with an emphasis on ball games using hand skills. The games build students' skills in chasing and fleeing, throwing/passing, catching/receiving and batting. Games are easy to teach and well supported with teaching strategies for skill development of students with varying abilities. Other instructional strategies discussed include varying equipment, location, teams and ways to start a game. In this new edition, the format is now 8.5" x 11" (was 8.5" x 5.5"), all text is printed in a smaller, easier-to-read font, and the diagrams are smaller.

Author(s): Brewer, J. ©2000

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards) 396144 $33.35

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓			✓			✓	✓				

This 115-page "how-to" resource provides ideas and tools for creating, choreographing and assessing dances from Kindergarten to Grade 12. The book includes information on organizing movements and individualizing dances; sample lesson plans; assessment forms; and a glossary of dance terms. The resource also includes 112 deal-a-dance cards, which suggest sample movement for students to experience.

Author(s): McGreevy-Nichols, S.; Scheff, H. ©1995

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: Est. Cost:

The Canadian Active Living Challenge: Leader's Resource Tool Kit: Program 4: Ages 15 to 18

408931 $34.20

Authorized Teaching Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
											✓	✓

The *Leader's Resource Tool Kit* provides information, ideas and templates to support teachers in implementing the *Canadian Active Living Challenge*, a hands-on resource designed to promote healthy and active lifestyles for children. The kit provides suggestions for health-related session plans, activities and projects that can be done in the classroom or in the gymnasium. The kit also includes information about the monitoring (or credit) system used in the program, suggestions for wrap-up celebration activities, and a list of related references and other resources.

Comments:

- This resource is also authorized for Career and Life Management grades 10-12.

©1994

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034, HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

(To be withdrawn from authorization August 31, 2006)

Canadian Wheelchair Basketball Association's National Teaching Manual

408460 $11.60

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓		✓	✓	✓

This resource is ideal for anyone wishing to include wheelchair basketball in their physical education program. Through explanations and illustrations, the resource outlines tips and drills for teaching the skills required for this activity, such as ball handling, dribbling, passing, receiving and shooting. Team offensive and defensive strategies are also included.

©1997

Distributor: Canadian Wheelchair Basketball Association (CWBA) / Association canadienne de basketball en fauteuil roulant (l'ACBFR); Suite B2, 2211 Riverside Drive, OTTAWA, ON K1H 7X5

Telephone: 877–843–2922; 613–260–1296 **E-mail:** wendy@cwba.ca

	LRC Order No.:	Est. Cost:
Changing Kids' Games (2nd Ed.)	428294	$26.85

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓				

This resource is useful to the new teacher who wishes ideas for curriculum development, or the experienced teacher, who would like to modify games for a variety of reasons. The focus of the book is on strategies for altering games and creating new games. Included, too, are examples of game changes. The resource is user friendly and allows for integration with other subject areas.

Author(s): Morris, G.S.D.; Stiehl, J. ©1999
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Character Education: 43 Fitness Activities for Community Building	538374	$21.20

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓	✓	✓		✓	✓		✓	

This resource focuses on helping students develop social and psychological skills with their peers in a physical activity setting. It emphasizes moving toward more intrinsic motivation in physical education, and includes information and samples related to brain research and competition in physical education. It also includes motivators, warm-ups, team building activities and portfolio assessment tools.

Comments:
- The resource includes some American content, but this does not detract from the usefulness of the resource.

Author(s): Glover, D.; Anderson, L. ©2003
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

The Olympians Series

Chasing the Dream: Women's International Hockey & the Quest for Glory 600834 $69.55

Support Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
								✓	✓		✓	✓

This is a motivational resource with a focus on women in sports. The video outlines information about some of the key female Olympic hockey players - one each from Canada, China, Finland, Russia and USA. These five players discuss growing up, goals, motivation, training, expectations, etc. The focus could apply to other sports, but females in international hockey are quite rare.

©2001

Distributor: CBC International Sales; Non-Broadcast Division, PO Box 500 Station A, TORONTO, ON M5W 1E6
Telephone: 866–999–3072; 416–205–6384 **E-mail:** cbc_education@cbc.ca

Christy Lane Video/Music Series Series

• **Christy Lane's Complete Book of Line Dancing**	Out-of-print	
• **Christy Lane's Complete Line Dancing Music (Audiocassette)**	398538	$31.55
• **Christy Lane's Complete Line Dancing Music (CD)**	398520	$31.55

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓							✓

This resource package includes an instruction manual for over 40 different line dances, from those suitable for beginners (e.g., Cowboy Hustle) to those appropriate for advanced line dancers (e.g., Hip Hop). It also includes information on style, technique, couple pattern dances, mixers and tiebreakers. Both an audiocassette and a CD of music for 13 currently popular line dances (e.g., Boot Scootin' Boogie) are included. This package is a valuable resource for teachers planning to include line dances in their dance unit.

Author(s): Lane, C. ©1995
Distributor: Christy Lane Enterprises; PO Box 4040, PALM SPRINGS, CA 92263-4040 USA
Telephone: 800–555–0205 **E-mail:** christy@christylane.com

(Text and audiocassette to be withdrawn from authorization August 31, 2006)

Christy Lane Video/Music Series Series	LRC Order No.:	Est. Cost:
• **Christy Lane's Complete Guide to Party Dances (Videocassette)**	398489	$22.30
• **Christy Lane's Complete Party Dance Music (CD)**	398504	$14.60

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓							✓

This package, consisting of a CD of music and a videocassette of instructions, provides a multi-decade look at dances and how they can be integrated into a program for physical education classes or other groups. A variety of dances are covered, including line, mixers, partner and novelty, from older (e.g., Bunny Hop) to newer (e.g., Macerena). This package could form or supplement a dance unit.

Author(s): Lane, C. ©1995
Distributor: Christy Lane Enterprises; PO Box 4040, PALM SPRINGS, CA 92263-4040 USA
Telephone: 800–555–0205 **E-mail:** christy@christylane.com

Christy Lane Video/Music Series Series		
• **Christy Lane's Learn the Dances of the 50's and 60's (Videocassette)**	398455	$14.60
• **Christy Lane's Learn the Dances of the 70's (Videocassette)**	398463	$14.60
• **Christy Lane's Learn the Dances of the 80's (Videocassette)**	398471	$14.60

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓							✓

This series of videos demonstrates a collection of the most popular dances over a period of four decades (50's, 60's, 70's and 80's). *Dances of the 50's and 60's* includes Bunny Hop, Conga, Twist, and Mashed Potato. *Dances of the 70's* features dances like Night Fever, Step Touch and Street Hustle. *Dances of the 80's* includes Roger Rabbit, Poppin, and Funky Twist. This series would be suitable for a novelty dance portion of a dance unit.

Author(s): Lane, C. ©1995
Distributor: Christy Lane Enterprises; PO Box 4040, PALM SPRINGS, CA 92263-4040 USA
Telephone: 800–555–0205 **E-mail:** christy@christylane.com

LRC Order No.: Est. Cost:

Christy Lane Video/Music Series Series

Christy Lane's Let's Do Ballroom (CD) 398512 $14.60

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓							✓

This CD provides a collection of music for popular couples dances. Music for the following dances is included: swing, foxtrot, cha cha, waltz, salsa, polka, tango, mambo, samba and rhumba.

©1997

Distributor: Christy Lane Enterprises; PO Box 4040, PALM SPRINGS, CA 92263-4040 USA
Telephone: 800–555–0205 **E-mail:** christy@christylane.com

Christy Lane's Old School Slide & Xtreme Slide (Video and Audio CD) 597239 $19.95

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓								✓			✓

This resource includes a 30-minute video and a 10-track CD. It features the step-by-step instructions and music for two new line dances. The enthusiasm and energy of the male and female demonstrators, coupled with the engaging music and body actions, would motivate many students. This resource could be used with hiphop.

Author(s): Lane, C. ©2002
Distributor: Christy Lane Enterprises; PO Box 4040, PALM SPRINGS, CA 92263-4040 USA
Telephone: 800–555–0205 **E-mail:** christy@christylane.com

					LRC Order No.:	Est. Cost:

LRC Order No.: 408197 **Est. Cost:** $34.70

Coaching Certification Technical Manual: Level 1 (Archery)

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											

This manual provides essential information about teaching basic archery skills to beginning archers. It includes a section on teaching archery to students with physical and developmental disabilities.

Cautions:

- Some components of this resource may be sensitive in some communities.
- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©1996

Distributor: Federation of Canadian Archers; 2460 Lancaster Road, OTTAWA, ON K1B 5N4
Telephone: 613–260–2113 **E-mail:** fca@cyberus.ca

599631 $42.85

Coaching Youth Wrestling

Authorized Teaching Resource Grades 7, 8

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓								✓	✓		

This 35-minute video features wrestling games to teach essential freestyle wrestling tactics and techniques. The four-step approach—play a modified game, guide the learning, teach applicable skills and play another game to practise skills—consists of a demonstration and an explanation of the basics of wrestling: position, motion, changing levels, punctuation, lifting, takedowns.

Comments:

- The video consists of males only, but the skills could be taught to both males and females.
- It is recommended that teachers supplement this resource with materials that feature both genders.

©2003

Distributor: kineticvideo.com; 511 Bloor Street West, TORONTO, ON M5S 1Y4
Telephone: 800–263–6910; 416–538–6613 **E-mail:** info@kineticvideo.com; bb@kineticvideo.com

LRC Order No.: **Est. Cost:**

Code of Ethics for Athletes

Out-of-print

Support Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓		✓				

This English/French poster outlines a code of ethics to help students build a sense of fair play and cooperation in physical education.

Distributor: Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES); Suite 202, 2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–672–7775; 613–521–3340 **E-mail:** fperrault@cces.ca

Cooperative Learning in Physical Education

Out-of-print

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	

This resource assists teachers in setting up a quality physical education program that is based on cooperative learning rather than competition. The resource shows how basic skills can be taught and applied through games, dance, gymnastics and fitness. The activities are suited to students in Kindergarten to Grade 6. Teachers of grades 7 to 9 could easily adapt the activities to their grade level.

Author(s): Grineski, S. ©1996

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

Daily Vigorous Physical Activity: Teacher Resource Guide
585416 $29.00

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓								✓

The purpose of this guide is to outline the benefits of daily vigorous physical activity and to provide examples of how physical activity can be implemented on a daily basis. The guide's activity outline includes suggested facilities, materials and equipment, a description of the activity, teaching/learning strategies and teaching tips.

Comments:

- Other resources are listed but these may not have been authorized by Alberta Learning.

Author(s): Hogarth, B.; Crothers, B. ©2001

Distributor: York Region District School Board; The Education Centre - Aurora, 60 Wellington Street, Box 40, AURORA, ON L4G 3H2

Telephone: 905–727–3141

Dumbbells for Dumbbells: Personal Weight Training Guide
395253 $16.25

Authorized Teaching Resource Grades 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓						✓	✓	✓	✓

This resource provides an introduction to strength and weight training, including information on different muscle groups and a weight training workout plan to strengthen them. Diagrams, charts and explanations are given for all aspects of the workout. This resource could be used with classes or individuals.

Author(s): Muise, J. ©1994

Distributor: Serious Fun Enterprises; 20 Fulton Avenue, OTTAWA, ON K1S 4Y6

Telephone: 888–332–4223; 613–730–0097 **E-mail:** fun@seriousfun.ca

LRC Order No.: Est. Cost:

The Biggest Little Games Books Ever! Series

Dynamic Dodge Ball Games! (Revised Edition) 396285 $15.45

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓				✓		✓				

This resource provides a variety of dodge ball games for pairs, small groups and large groups. The games are presented in a logical progression that allows students in Kindergarten to Grade 6 to participate. Fair play, active participation and teamwork are emphasized. The resource includes teaching strategies and discusses issues related to location of play, safety, special occasions, improvised equipment, and perimeters of play. Illustrations are also included. In this new edition, the format is now 8.5" x 11" (was 8.5" x 5.5"), all text is printed in a smaller, easier-to-read font, and the diagrams are smaller.

Comments:

- The resource does not include strategies for modifying games for students with disabilities.

Author(s): Brewer, J. ©2001

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

LRC Order No.: **Est. Cost:**

The Eating Edge: A Guide to Healthy Eating for Teens: Partner's Guide Grades 9-10

Authorized Teaching Resource Grades 7, 8, 9 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓								

This locally-produced manual was developed to encourage teens to incorporate healthy nutritional choices into their lifestyle. The resource focuses on building the knowledge, attitudes and skills that teens will need to make these healthy choices. The resource takes a self-directed approach to student learning, providing five "integrity challenges" relating to personal food choices. Each of the challenges takes 25 to 60 minutes to complete. The lesson plans include numerous related topics for students to explore or discuss, and overheads and blackline masters are provided to supplement the lesson plans.

Comments:

- This resource is also an authorized teaching resource for Health and Life Skills Grades 7 to 9.
- The manual may be used independently or in conjunction with *The Active Edge.*

©1995

Distributor: Alberta Milk; 14904 121A Avenue, EDMONTON, AB T5V 1A3
Telephone: 800–252–7530; 780–453–5942 **E-mail:** srietveld@albertamilk.com

(To be withdrawn from authorization August 31, 2006)

											LRC Order No.:	**Est. Cost:**

Every Body Is a Somebody: Facilitator's Guide

454257 $37.10

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
			✓	✓								

This locally-developed resource provides information and strategies for promoting positive body image among teenage girls. The resource was developed in response to the need for education and information related to the prevention and treatment of eating disorders. The guide deals with the following topics: media, family, friends, self-esteem and body image, dieting, healthy eating, an active lifestyle, stress management and relationships. The guide includes background information, student activities and handouts.

Comments:

- This resource is also authorized for Health and Life Skills grades 7 to 9 and Career and Life Management grades 10 to 12.

Cautions:

- This resource supports human sexuality outcomes.

Author(s): Seaver, A. et al. ©1997

Distributor: Calgary Regional Health Authority (CRHA) – Body Images Project; Suite 420, 301 – 14 Street NW, CALGARY, AB T2N 2A1

Telephone: 403–297–5416 **E-mail:** Sabine.Ryder@amhb.ab.ca

Exercise in Disguise: A Resource for Daily Vigorous Physical Activity

571225 $11.80

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓								

This manual provides a variety of games and activities designed for use in classrooms, hallways and playgrounds. It includes a description of the activity, an activity sequence, variations, a list of equipment needed, suggested location, preparation time required and teaching tips (considerations). This resource is directed at teachers who are working toward daily vigorous activity.

Distributor: Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office; 403—2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** info@cahperd.ca

LRC Order No.: Est. Cost:

Fair Play for Kids: A Handbook of Activities for Teaching Fair Play (2nd Ed.)

394651 $23.35

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓				✓	✓		✓			✓	

This resource contains background information, activities and handouts to promote fair play and cooperative behaviour. The resource includes a variety of activities for individuals, small groups and large groups, which provide numerous opportunities for students to use decision-making, goal-setting and problem-solving skills to implement the principles of fair play. The ideas and activities in the resource could be used in the classroom, school, gymnasium and community for a number of curriculum areas.

Author(s): Binder, D. (ed.) ©1995

Distributor: Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES); Suite 202, 2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–672–7775; 613–521–3340 **E-mail:** fperrault@cces.ca

50 Games with 50 Tennis Balls

560517 $21.05

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓					✓		✓		✓		

This small resource is packed with 50 games for fun activities for secondary students. Some of the games are more appropriate for the gym or field but others may be played in other locations (e.g. the classroom). The categories of games are: warm-up activities, ball games, ball throwing games, sport variations, relay games, wall games, tag games and others. Each game is outlined with a list of equipment, a main objective/outcome, a description of the game, possible variations and safety tips where applicable.

Author(s): Byl, J. et al. ©2003

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034, HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

First Response: The ABC's of CPR

Authorized Teaching Resource Grade 10, 11, 12

ACCESS–The Education Station
BPN 20680 01

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
										✓		

This 60-minute video follows the new Canadian CPR guidelines. It is designed to provide both the beginner and the experienced rescuer with the knowledge and skills required to deal with life-threatening emergencies. The video describes and demonstrates how to clear airway obstructions in choking situations and perform rescue breathing and CPR on adults, children and infants. There are also segments on heart attack and stroke recognition and treatment.

©2002

Distributor: Magic Lantern Communications Ltd.; 8755 Ash Street—Number 3, VANCOUVER, BC V6P 6T3
Telephone: 800–263–1717; 604–324–2600 **E-mail:** nkirkwood@magiclantern.ca

The First Ultimate Book of Games

436057 $24.90

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓	✓			

This resource provides a collection of 63 varied games that could be used for general or skill-specific warm-up activities or in a low-organization games unit. The following types of games are included: fleeing/tagging, dodgeball/evading, team/cooperative and basketball.

Author(s): Brawn, K.; Ball, N. ©1999
Distributor: Concepts Inc.; Box 702, ONOWAY, AB T0E 1V0
Telephone: 780–967–4810 **E-mail:** conceptsinc@yahoo.com

Fit Kids Classroom Workout

Support Resource Grades 2, 3, 4, 5, 6 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓		✓								

This video includes four 5-minute workouts and two 10-minute workouts that could be carried out in a gymnasium or in a classroom. Each workout is demonstrated by a teacher and six students, and followed by a brief health message. An outline of the workouts accompanies the video.

©2001

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Fit-Skip-Ness: The Skipping Challenge

395120 $16.20

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓		✓	✓	

This resource provides instructions and illustrations to teach basic and advanced skills in both single rope and double Dutch skipping. It also includes certificates of achievement that can be reproduced and awarded.

Comments:

- Safety is noted as being an important consideration.

Author(s): Kalbfleisch, S.E. ©1994
Distributor: ATEC Marketing Limited; 130 Longfield Crescent, ANCASTER, ON L9G 3N7
Telephone: 905–648–0178 **E-mail:** info@jumprope.com

											LRC Order No.:	Est. Cost:

Fitness for Children

Authorized Teaching Resource　　Grades 1, 2, 3, 4, 5, 6

LRC Order No.: 396186　Est. Cost: $19.85

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓			✓	✓		✓	✓

Fitness for Children includes 45 activities and 80 exercises to get students moving, thinking and acquiring skills for active living, both in the gym and out in the community. Descriptions and illustrations are provided for the exercises. Information on equipment, organizational procedures, and teaching and safety tips are included for the fitness activities.

Author(s): Hinson, C.　©1995

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500　**E-mail:** jodis@hkcanada.com

Fitness Education for Children: A Team Approach

Authorized Teaching Resource　　Grades K, 1, 2, 3, 4, 5, 6, 7, 8

396219　$30.25

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓		✓							✓	

This resource is a comprehensive look at promoting active living for students in elementary and junior high school. The book emphasizes the need to develop healthy lifestyles through a coordinated effort between parents, community members, classroom teachers and the entire school staff. It contains extensive ready-to-use information and will assist in planning and implementing a fitness education program for students at a variety of grade and ability levels.

Author(s): Virgilio, S.J.　©1997

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500　**E-mail:** jodis@hkcanada.com

		Est. Cost:
• Fitness Aquatics	397580	$20.35
• Fitness Cross-training	397598	$18.50
• Fitness Walking	397605	$20.35

Authorized Teaching Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓							✓		✓	✓

This series of resources emphasizes the individual development of physical and mental fitness through aquatics, cross-training and walking, with each book containing cross-references to the others. Each resource contains information on warm-up/cool-down, preparation for the activity, an explanation of the workout zones (intensity, duration) and training tips.

Author(s): Case, L. (Fitness Aquatics) ©1997
Yacenda, J. (Fitness Cross-Training)
Iknoian, T. (Fitness Walking)
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

FUNSICAL FITNESS: Comprehensive Movement and Health Education Experience for Ages 2 3/4ths to 7 5/6ths Out-of-print

Authorized Teaching Resource Grades K, 1, 2, 3

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓				✓			✓			

This teacher's guide presents lessons and handouts to enhance children's physical and social skills, focusing on fun movements and healthy attitudes about physical activity. Lessons are designed for use in early childhood classrooms, with activities that are simple, do not require equipment, and are laid out in an easy to follow format.

Author(s): Liebler, S. ©1996
Distributor: Front Row Experience; 540 Discovery Bay Boulevard, DISCOVERY BAY, CA 94514 USA
Telephone: 800–524–9091; 925–634–5710 **E-mail:** service@frontrowexperience.com

LRC Order No.: Est. Cost:

Games to Keep Kids Moving: P.E. Activities to Promote Total Participation, Self-esteem, and Fun for Grades 3–8 395097 $60.40

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		

This resource outlines 150 games that promote an active, participatory physical education class, with emphasis on cooperative behaviour and the development of self-esteem. There are low-organizational games requiring little equipment as well as more complicated games using a lot of equipment. Some of the games develop individual basic locomotor skills, while others develop skills and movement specific to a team sport. Each game includes an explanation, a list of equipment, a list of skills, organizational considerations, teaching tips and variations. The author also provides useful tips to ensure safety.

Author(s): Dieden, D. ©1995
Distributor: Pearson Education Canada Inc. ; PO Box 580, 26 Prince Andrew Place, DON MILLS, ON M3C 2T8
Telephone: 800–361-6128; 416–447–5101 **E-mail:** john.doherty@pearsoned.com

Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages 396160 $21.90

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓			✓	✓	✓	✓

Part One of this resources discusses program adaptations and instructional strategies for ensuring successful participation by all students, including those with sensory impairments. Part Two provides 70 ready-to-use games and activities for students with visual or auditory impairments. Each game includes an explanation, outcome/objective, a list of equipment, set-up instructions and common adaptations. The appendices contain a classification of blindess and deafness, and tips for teaching students who are visually impaired.

Author(s): Lieberman, L.J.; Cowart, J.F. ©1996
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

Get the Edge: Power Skating

Out-of-print

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											

This resource provides an introduction to the concept of power skating and covers essential skills such as balance, agility, flexibility, timing, control and endurance. It also contains diagrams and drills for all levels using a hockey stick, ringette stick or no stick. Warm ups, backwards skating, edges, turns, stops and more are addressed in this manual.

Author(s): Bakewell, A. ©1996
Distributor: Raincoast Books; 9050 Shaughnessy Street, VANCOUVER, BC V6P 6E5
Telephone: 800–663–5714; 604–323–7100 **E-mail:** sandy@raincoast.com

3M Coaching Series Series

Getting Started in Curling: Instructor's Guide for Youth Curling (with Video)

593120 $34.80

Authorized Teaching Resource Grades 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓							✓				✓

This resource package would be useful to the classroom teacher as well as a generalist at the elementary school level. The information includes safety, equipment, clothing, rules, terms, basic curling skills, progressions and activities. The video supplements the progressions and activities sections of the guide and could be used as a workshop or professional development tool.

Author(s): Dagg-Jackson, E. ©1994-95
Distributor: Alberta Curling Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6
Telephone: 780–453–8557

Gender Equity Schools Initiative Series

		LRC Order No.:	Est. Cost:
Girls and Boys in Elementary Physical Education: Issues and Action		455932	$17.70
Authorized Teaching Resource	Grades 1, 2, 3, 4, 5, 6		

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓		✓	✓		✓	✓

This resource provides practical information and solutions that elementary teachers can use to increase equitable student participation and success in their physical education classes. It includes frequently asked questions and/or perceptions regarding participation in physical education classes. It also presents scenarios, arising issues, teacher actions and student activities to assist teachers in teaching social responsibility, cooperative learning and personal development.

Author(s): Gibbons, S. et al. ©1999

Distributor: Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office; 403—2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** info@cahperd.ca

(To be withdrawn from authorization August 31, 2005)

Great Careers for People Interested in Sports & Fitness		410564	$14.40
Support Resource	Grades 9, 10, 11, 12		

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
							✓				✓	

This resource outlines ten sport- and fitness-related careers through interview-style profiles of individuals in the industry. In addition to information about each career, related work is also discussed. This resource could be an excellent motivator for some secondary students.

Comments:

- This resource is also authorized for Career and Life Managements grades 10 to 12.

Author(s): Edwards, L. ©1994

Distributor: WEIGL Educational Publishers Limited; 6325 – 10 Street SE, CALGARY, AB T2H 2Z9

Telephone: 800–668–0766; 403–233–7747 **E-mail:** linda@weigl.com

LRC Order No.: **Est. Cost:**

Great Gator Games: "With a Kid & a Ball You Can Do it All"

395162 $20.90

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓					✓		✓			

This resource outlines 40 games that use Gator Skin Balls, indexed by type and skill. The book includes icebreakers, team, tag, mass and dodgeball games that could be used in intramural programs, physical education classes and on the playground. Each game includes a description, list of equipment, diagram and variations.

Comments:

- The games do not necessarily require Gator Skin Balls; other types of ball could also be used.

©1998

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

Basic Skills Series

Gym Ringette

394940 $13.90

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓		✓			✓	✓	✓	✓				

This resource outlines a concise and easy way to implement the game of gym ringette, making it appropriate for teachers who are not familiar with the sport. The book contains the basic concepts of gym ringette, teaching points and progressions, skill development and team strategies.

Author(s): Veale, B.; Anderson, L. ©1996

Distributor: Ringette Alberta; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6

Telephone: 780–415–1750 **E-mail:** info@ringettealberta.com

LRC Order No.: **Est. Cost:**

Gymnastics Fun & Games

396227 $16.65

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓					✓			✓		

This collection of 50 games emphasizes safe, noncompetitive, gymnastics-based movement for all students. Three categories of games are included: warm ups, skill development, and conditioning and endurance. Each game is clearly explained and identifies ability level, equipment, application to gymnastics, safety and teaching tips, and variations. The quick reference sections and ready-to-use games make this a good supplementary resource for any type of gymnastics program.

Author(s): Hacker, P.; Malmberg, E.; Nance, J. ©1996
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Health: Exercise, Nutrition, and Sleep (3rd Ed.)

398645 $46.30

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓							✓	

This 14-minute video addresses the importance of exercise, proper nutrition and rest through a dramatization by elementary-age students. The presentation emphasizes the benefits of adopting a healthy lifestyle by making good choices about food, exercise and sleep. The discussion guide provides questions for pre- and post-viewing, discussion topics and follow-up activities.

Comments:

- This resource is also authorized for Health and Life Skills Kindergarten to Grade 6.

©1996
Distributor: Canadian Learning Company Inc.; 95 Vansittart Avenue, WOODSTOCK, ON N4S 6E3
Telephone: 800–267–2977; 519–537–2360 **E-mail:** info@canlearn.com

Health and Fitness through Physical Education

Out-of-print

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓					✓	✓	✓	✓

This manual provides teachers with information about the necessity of inclusive physical education for students of all ages and stages of development. The resource argues that school physical education programs should emphasize lifelong fitness and health, and shows how "traditional" physical education programs can be redesigned to promote long-term fitness skills and attitudes.

Author(s): Pate, R. (ed.) ©1994
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Health-related Fitness Series

• **Health-related Fitness for Grades 1 and 2**	395914	$21.30
• **Health-related Fitness for Grades 3 and 4**	395922	$28.30
• **Health-related Fitness for Grades 5 and 6**	395930	$19.85

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓		✓		✓								

Health-related Fitness is a teacher-friendly series that provides grade-appropriate, cross-curricular lessons and activities related to nutrition and cardiovascular health. Each lesson outline includes a materials list, warm-up/cool-down exercises, an explanation of the activities, teaching tips and illustrations. Ideas for assessment are also provided.

Author(s): Hopper, C.; Fisher, B.; Munoz, K.D. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

High School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness 574435 $34.80

Authorized Teaching Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓							✓	✓

This resource contains background information, illustrations, lesson plans and student worksheets for a heart rate monitoring program. This book differs from the previously authorized "Middle School Healthy Heart in the Zone" in that this resource provides additional worksheets and workouts for high school students, expanded coverage of the health benefits of health fitness, in-depth technical information on heart rate monitors and guidelines for using the technology in sport.

Author(s): Swaim, D.; Edwards, S. ©2003
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Hip Hop Happy! Adventures in Physical Activity for 3- to 5-Year-Olds 395104 $16.25

Authorized Teaching Resource Grades K, 1, 2, 3

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓		✓								

This resource identifies the important components in a successful physical education program such as activity, creativity, rhythm, balance, coordination and body awareness. It presents each of these components through a variety of individual, partner and small group activities. These activities are developmentally sensitive and require low organization with basic or no equipment. Sample lesson plans are also included.

Comments:

- This resource is primarily intended for Kindergarten and Grade 1 teachers.

Author(s): Campbell, M. ©1994
Distributor: Serious Fun Enterprises; 20 Fulton Avenue, OTTAWA, ON K1S 4Y6
Telephone: 888–332–4223; 613–730–0097 **E-mail:** fun@seriousfun.ca

LRC Order No.: Est. Cost:

Hockey Coaching: The ABC's of International Hockey: Levels 0–2: Book 1

394776 $18.50

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓							✓				

The focus of this resource is on using the rink efficiently and helping students to understand and learn the game of hockey. The manual provides hockey drills and games that can supplement ice rink activities for beginning-level students in junior and senior high school.

Author(s): Wahlsten, J.; Molloy, T. ©1997
Distributor: Centax Book and Distribution; 1150–8th Avenue, REGINA, SK S4R 1C9
Telephone: 800–667–5595; 306–359–7580 **E-mail:** centax@printwest.com

Inclusion Through Sports: A Guide to Enhancing Sport Experiences

512138 $40.35

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓	✓	✓	✓	✓

This resource is intended to supplement current physical education curricula by helping physical educators with little or no adaptive training to develop programs for students with disabilities. Units include basic skills, wheelchair mobility, invasion games, net games, court games and track games/events. In each chapter, sports skills are broken down to their simplest components to assist educators in addressing the needs of students with disabilities. Each chapter also includes a student profile table organized according to functional ability.

Author(s): Davis, R. ©2002
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

										LRC Order No.:		Est. Cost:

Inclusive Games

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7

396235 $26.95

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓					✓	

This is a book of movement activities and initiatives. It introduces the principles of activity selection and modification so that children of all capabilities can practise, play and improve their physical activity skills together. The book shows how modifications can be made to an activity as well as variations to the game that increase or decrease the difficulty level. The book also details how teachers can modify activities themselves.

Author(s): Kasser, S.L. ©1995
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Informal Gymnastics

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

552077 $27.05

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓								✓	✓	✓	

This resource stresses the basics of informal or educational gymnastics, beginning with floor exercises and advancing through to activities with mats, benches and other gymnastic equipment. The focus of the manual is on safety, imagination, choices and fun. The manual contains 40 tasks, outlined in lesson format, as well as information about station setup, games adapted to gymnastics and tips for teachers.

Author(s): Brewer, J. ©2001
Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0
Telephone: 403–938–7296

LRC Order No.: **Est. Cost:**

Innovative Games

410324 $19.85

Authorized Teaching Resource Grades 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓				✓	✓		✓	✓	✓	✓	✓

Innovative Games illustrates how the knowledge and skills required for traditional games can be incorporated into innovative new activities. The book provides 35 ready-to-use activities, and also explains how educators can create their own innovative games using creativity; nontraditional equipment; altered actions, goals or player set up; and multimedia adaptations. The descriptions for each activity include information about the objectives, equipment, playing area, participants and rules, as well as safety considerations and variations, if applicable. Drills and diagrams are also provided.

Author(s): Lichtman, B. ©1993
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Interdisciplinary Teaching through Physical Education

428301 $46.60

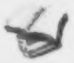
Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓						

This resource outlines how physical education can integrate the content of English language arts, mathematics, science, social studies, music, drama and art to create an active learning experience for students. The book presents many practical ideas that could be used by classroom teachers or physical educators.

Author(s): Cone, T. et al. ©1998
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

				LRC Order No.:	Est. Cost:



Juggling: From Start to Star

LRC Order No.: 473059 Est. Cost: $20.85

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓			✓							✓	✓

Juggling is a physically challenging activity that involves rhythm, agility, coordination and poise. This instruction manual contains information and diagrams to teach 157 juggling skills in 13 different categories (e.g., "back spin" in the "ring juggling" category). The resource presents juggling as a unique portable activity that requires very little equipment and no special playing space. Emphasizing that juggling can be mastered regardless of gender, age or athletic ability, the resource fosters equity and inclusion.

Author(s): Finnigan, D. et al. ©2002

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Jump 2b Fit: Rope Skipping Fitness & Activity Program (includes Video, Teacher's Guide, Activities, Audio CD, Posters)

545080 $46.30

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓		✓		✓	✓			✓	✓	✓	✓	

This resource kit contains several components to enhance skipping as a fitness activity: a teacher's guide, activities booklet, video, audio CD and posters. The 170-page illustrated teacher's guide contains background information, unit and lesson plans; references to the video and audio CD; information regarding equipment; learning outcomes; and safety guidelines. The activities booklet contains activities for individual, partner and group skill development. The 45-minute video includes demonstration routines and instructional activities. The CD contains 50 minutes of instrumental music to assist skippers with rhythm, and is correlated to the teacher's guide. The four colourful posters illustrate skills for single rope, long rope, double dutch and partner skipping.

Author(s): Kalbfleisch, S. ©2002

Distributor: ATEC Marketing Limited; 130 Longfield Crescent, ANCASTER, ON L9G 3N7

Telephone: 905–648–0178 **E-mail:** info@jumprope.com

LRC Order No.: **Est. Cost:**

KiDnastics: A Child-Centered Approach to Teaching Gymnastics

537160 $32.95

Authorized Teaching Resource Grades 1, 2, 3

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓		✓					✓	✓	✓		

KiDnastics aims to simplify the teaching of gymnastics using a three-step approach: 1. practise individual skills, 2. develop and practise a sequence of skills (in pairs, small groups or teacher-led), 3. perform the sequence for an audience. This approach combines elements of both traditional and educational gymnastics to teach 70 skills in five movement categories: rolling, jumping, balancing, vaulting, and hanging and climbing. The focus of the resource is on students working at their own levels in an inclusive, noncompetitive setting. The resource includes background information, illustrations, planning tools, reproducible task cards, and assessment suggestions.

Author(s): Malmberg, E. ©2003
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Learning by Choice in Secondary Physical Education: Creating a Goal-Directed Program

456302 $30.25

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓								✓		✓	

This Canadian resource describes benefits and programming strategies for using student-selected activities in physical education. The book presents a goal-directed program in which the teacher is "facilitator" rather than controller. Part 1 explains how the program works and details curriculum, teaching and assessment techniques. Part 2 provides materials for teachers to use in developing their own programs, including unit outlines, handouts, modified games and assessment tools.

Author(s): Kaardal, K. ©2001
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: 437849 Est. Cost: $20.85

Lessons from the Heart: Individualizing Physical Education with Heart Rate Monitors

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓					✓	✓	✓	✓

This resource offers information and activities for using heart rate monitors to provide a more individualized fitness approach which educates and motivates students. Thirty-eight lessons (30 of which are divided into beginner, intermediate and advanced levels) are included, providing information on the heart, heart rate and the use of heart rate monitors. Many of the lessons include worksheets to engage students. The manual also addresses assessment, curricular integration, safety considerations and the use of technology.

Author(s): Kirkpatrick, B.; Birnbaum, B. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Let's Play Mini-Handball (Video)

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				✓

This 13-minute video provides practical applications and recommendations for teaching mini-handball to children. It explains the rules of mini-handball, suggests instructional activities and describes adaptations for use in a gym with many students.

Author(s): Canadian Team Handball Federation
Distributor: Alberta Team Handball Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6
Telephone: 780–415–2666 **E-mail:** athf@compusmart.ab.ca

		LRC Order No.:	Est. Cost:
Liking the Me I See in the Mirror Series			
• Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes		458150	$9.80
• Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem		458142	$40.60

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
			✓	✓	✓						✓	

This locally-developed resource focuses on body image education, making it appropriate for both physical education and health education programs. The manual covers five major topics: introduction to body image, the physical self, the personal self, self-esteem/body image, self-care, and perfection versus excellence. Each topic is explored through interactive student activities and handouts that attempt to help individual students improve their body image in order to prevent the development of an eating disorder. Each topic also includes a rationale, expected outcomes and background information.

Author(s): Hare, S.; Drummond, D. ©2001
Distributor: Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist; Grey Nuns Community Hospital, 9230,
1100 Youville Drive West, EDMONTON, AB T6L 5X8
Telephone: 780–450–7613 **E-mail:** ddrummon@cha.ab.ca

	LRC Order No.:	Est. Cost:
Mass Appeal: Activities for Groups of 50 or More	395154	$20.90

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓			✓				✓

This user-friendly guide provides a wide variety of activities specifically intended for large, diverse groups. The activities target Kindergarten to Grade 7 students, and can be used inside or outside a gym or classroom. Teachers may need to adapt some of the activities for students with disabilities.

Author(s): Doyle, P. ©1997
Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2
Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

LRC Order No.: **Est. Cost:**

Mega Hoops Resource Kit (with Poster)

398611 $75.35

Authorized Teaching Resource Grades 3, 4, 5, 6, 7, 8

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓		✓		✓

This resource provides a basketball teaching guide and a fold-up poster for introducing basketball in grades 3 to 8. The major emphasis is on having fun while learning the basic skills of basketball. While this resource focuses on Ontario curricular outcomes, much of the information is applicable to the Alberta program of studies, particularly the outcomes related to basic skills and positive interaction.

©1996

Distributor: Basketball Ontario; 409, 1185 Eglinton Avenue East, TORONTO, ON M3C 3C6
Telephone: 416–426–7200

Middle School Healthy Hearts in the Zone: A Heart Rate Monitoring Program for Lifelong Fitness

471607 $28.30

Authorized Teaching Resource Grades 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓					✓	✓	✓	✓

This resource is designed to help teachers effectively use heart rate monitors in physical education programs in order to motivate students to improve their health, fitness and athletic performance. Seventeen lesson plans, including background information and 30 reproducible worksheets, emphasize self-directed learning, goal setting and self-motivation. Students are encouraged to design and follow appropriate training plans and workouts.

Author(s): Swaim, D.; Edwards, S. ©2002
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: 529703 **Est. Cost:** $15.45

Millennium Playday: Past Present Future

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓				✓	✓		✓	✓			

This 45-page book outlines over 40 ideas or topics for planning a playday. These topics relate to the past, present or future. Each topic is presented with an objective, a description of the activity, a diagram, a list of necessary equipment, a suggested location, and additional suggestions.

Comments:

- It is recommended by the authors that this resource be used in conjunction with a previously authorized resource: *Playday! The Manual.*
- Many of the examples refer to Calgary, but the ideas could be applied to any area.

Author(s): Antoniuk, M. et al. ©2000

Distributor: Mrs. Mo Antoniuk; 111 Lake Arrow Green SE, CALGARY, AB T2J 3C1

Telephone: 403–278–6501 **E-mail:** antoniuk@cadvision.com

Mini-Handball (Red Cover)

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				

This resource is an introduction to mini-handball activities. It provides practical applications for teaching at various levels, as well as in different situations. Three characters introduce the game and rules.

Distributor: Alberta Team Handball Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6

Telephone: 780–415–2666 **E-mail:** athf@compusmart.ab.ca

© Alb[illegible] Education, Alberta, Canada

Mini-Handball (Yellow Cover)

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				✓

This resource provides practical applications and recommendations for teaching mini-handball to children. It gives rules and activities in context to the game, and adaptations for use in a gym with many students. Diagrams supplement the text.

Author(s): Canadian Team Handball Federation

Distributor: Alberta Team Handball Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6

Telephone: 780–415–2666 **E-mail:** athf@compusmart.ab.ca

The Biggest Little Games Books Ever! Series Series

A Mitt Full of Baseball and Softball Type Games

558314 $23.15

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓	✓			

This locally developed booklet consists of activities and games incorporating the skills of catching, running, fielding, base playing, batting, pitching and catching. The focus of this resource is on having all players playing at all times, learning to play all positions and exemplifying good sportsmanship. Equipment suggestions, clearly outlined progressive learning activities, and teaching tips are included.

Comments:

- This resource could be used in varied situations from teaching young players the game to coaching a team.

Author(s): Brewer, J. ©2002

Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0

Telephone: 403–938–7296

LRC Order No.: **Est. Cost:**

Mix, Match, and Motivate: 107 Activities for Skills and Fitness

553108 $19.85

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓							✓		✓	✓

This resource contains 107 activities that emphasizes individual student success, creativity and motivation toward lifelong participation. Activities for individuals, partners, small groups and large groups are included. The activites focus on fitness or skill development rather than competition, and the resource provides an activity overview for each lesson, as well as suggested grade levels, a list of equipment needed, student and teacher activities, and teaching tips.

Author(s): Carpenter, J. ©2003
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

More Innovative Games

410332 $28.30

Authorized Teaching Resource Grades 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓	✓		✓			✓

This resource is a follow-up to the 1993 book *Innovative Games*. Taking the same focus on creative activities that develop positive attitudes about physical activity, this resource provides more than 30 new games. Many of these games use nontraditional equipment, unique locales, or underused spaces to build the same kind of knowledge and skills required for traditional games. Each game features helpful hints, safety considerations, illustrations and descriptions.

Author(s): Lichtman, B. ©1999
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

More Team Building Challenges 395790 $18.75

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓					✓	✓	✓	✓				

This resource gives the teacher strategies and techniques for building cooperative behaviour, teamwork and problem-solving skills in physical education. The book provides easy-to-use introductory-, intermediate- and advanced-level team building challenges to meet the needs of all participants. Reproducibles are included in the appendices.

Author(s): Midura, D.W.; Glover, D.R. ©1995
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Movement ABC's: An Inclusive Guide to Stimulating Language Development 473067 $32.95

Authorized Teaching Resource Grades K, 1

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓			✓							

This resource offers an integrated approach to stimulating language development through movement. The resource is formatted into three parts: a framework for language stimulation through movement; movement lessons, based on each letter of the alphabet; and a list of additional resources. The program described provides children with choices, practical information and purposeful movement to influence all aspects of learning. The program can also be individualized to meet specific needs.

Author(s): Hengstman, J.G. ©2001
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓	✓	✓	✓	✓

Moving to Inclusion is part of the Canadian Government's five-year National Integration Strategy to facilitate the further inclusion of people with disabilities in society. This series provides teachers with practical information about how to include students with disabilities in physical education classes and activities. Titles authorized for physical education focus on the following topics: introduction, disability, amputation, hearing impairment, cerebral palsy, intellectual disability, multiple disabilities, visual impairment and students in wheelchairs. Each volume provides tips and strategies for including children with disabilities in activities such as aquatics, games, dance, gymnastics and outdoor pursuits.

©1994

Distributor: Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office; 403—2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** info@cahperd.ca

Moving with a Purpose: Developing Programs for Preschoolers of All Abilities

456336 $37.55

Authorized Teaching Resource Grade K

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓								✓			

This resource includes information on the "why," "how" and "what" of providing movement programs to very young children. Promoting a child-centered teaching approach, the resource includes 54 games and activities, many of which can be used with minimal space, time and equipment. The resource also includes observation tips and samples of basic movement skills, as well as a section of information, strategies and activities for students with special needs.

Author(s): McCall, R.; Craft, D. ©2000

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

(To be withdrawn from authorization August 31, 2005)

	LRC Order No.:	Est. Cost:
Multicultural Folk Dance Treasure Chest Series		
• **Multicultural Folk Dance Treasure Chest (Audiocassette Version)**	395823	$104.25
• **Multicultural Folk Dance Treasure Chest (CD Version)**	397556	$110.90

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓	✓	✓		✓	✓	✓

This kit provides information and materials to teach 18 folk dances from around the world to students in grades 1 through 12. The kit contains two volumes, each with a print guide, CD and videocassette. The guide features information about each country and directions for teaching the dances. The CDs provide music for learning and practising each dance, while the videos demonstrate an expert teaching each dance. The package includes samples for different levels, and skill progressions and modifications are noted throughout.

Author(s): Lane, C.; Langhout, S. ©1998
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

	LRC Order No.:	Est. Cost:
Multicultural Games	410283	$24.95

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				

This resource is a collection of 75 games from 43 countries around the world. Each game is provided with playing instructions and possible adaptations, as well as information about the country of origin and its culture. The resource emphasizes participation and variety, and could be used to supplement and enhance a games unit.

Author(s): Barbarash, L. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

		LRC Order No.:	Est. Cost:
No Standing Around in My Gym: Lesson Plans, Games, and Teaching Tips for Elementary Physical Education		552663	$22.95

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓		✓	✓	✓	✓	

The first part of this resource provides physical education units, with games and activities for partners, small groups and large groups of 50 or 60, using a station format. Each lesson includes learning objectives; illustrations and diagrams to aid in class organization and equipment placement; teaching tips; rules; safety tips; and activity variations. The second part of the resource provides supplemental ideas for motivation, management and communicating with parents.

Author(s): Hughes, J.D. ©2003
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

101 Fun Warm-Up and Cool-Down Games		580143	$19.85

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓						✓	✓	✓		

This resource includes 60 sport-specific warm-up and cool down games (badminton, baseball, basketball, volleyball, football, hockey and soccer) and numerous tag games, relays, races, parachute games and quick movement games. Each has recommended number of players, experience, suggested playing area, equipment required, set up, playing instructions, safety considerations, teaching tips, variations and cool down. A "game finder" outline provides quick access to a specific game.

Author(s): Byl, J. ©2004
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: 603614 Est. Cost: $17.40

Oodles of Noodles

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓					✓		✓				

This resource includes 50 games and activities involving the use of foam noodles. Various categories of activities are included: warm-ups, team games, tag games, noodle challenges, noodles and balls, and cooperative games. The games may be used in physical education, intramurals or play days. Each one is outlined with necessary equipment, outcome, instructions and variations.

Author(s): Byl, K. etal. ©2004

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

396243 $18.75

Parachute Games

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓		✓			✓	✓		✓		✓	✓	

This resource contains 60 parachute games that are new, innovative and exciting. The book explains how to play the games, as well as how to adapt them to any fitness level, how to address social skills and safety issues, and how to use this low-cost activity to enhance engagement and motivation in a physical education program.

Author(s): Strong, T.; LeFevre, D. ©1996

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

PE - 4 - ME: Teaching Lifelong Health and Fitness

473041 $40.70

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓		✓	✓	✓	✓					✓	

This resource could form the basis of a physical education program that focuses on well-being through brain-compatible learning. The program outlined emphasizes that students can learn to feel good about themselves while they learn about their bodies and are actively engaged in health building activities. The resource includes 138 activities, organized by themes (e.g., health-related components of fitness, striking with implements). Student reproducibles for the activities are also included.

Cautions:

- Alberta Learning strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

Author(s): Summerford, C. ©2000
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

PE for You

394445 $44.00

Support Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓					✓	✓	✓	

This resource contains an overview of the physical and mental abilities required to meet many sports and fitness goals. The book covers a wide variety of topics, including anatomy and physiology, factors affecting performance, health-related fitness, and issues in physical education and sport. The topics are presented with colourful illustrations, background information, quizzes and activities.

Author(s): Honeybourne, J.; et al. ©1998
Distributor: Bacon & Hughes Limited; 81 Auriga Drive Unit 30, OTTAWA, ON K2E 7Y5
Telephone: 800–563–2468; 613–226–8136 **E-mail:** bacon@storm.ca

LRC Order No.: Est. Cost:

PE for You: Teacher's Resource Pack

408436 $159.60

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓							✓		✓	✓

This resource complements the student text *PE for You*. It includes background information, lessons plans, worksheets, quizzes and answers for each section in the student version.

Author(s): Hill, M. ©1999

Distributor: Bacon & Hughes Limited; 81 Auriga Drive Unit 30, OTTAWA, ON K2E 7Y5
Telephone: 800–563–2468; 613–226–8136 **E-mail:** bacon@storm.ca

Physical Activity Ideas for Action: Elementary Level

395948 $17.75

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓							

This resource provides a variety of successful and creative ideas from fitness programs developed and used by physical education teachers in the United States. Included are lesson plans, worksheets, special event ideas, samples of correspondence, and assessment tools to enhance a physical education program at the Kindergarten to Grade 6 level.

Author(s): Allen, L. (ed.) ©1997

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: Est. Cost:

Physical Activity Ideas for Action: Secondary Level

395766 $18.75

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓								

This resource provides a variety of successful and creative ideas from fitness programs developed and used by physical education teachers in the United States. Included are lesson plans, worksheets, special event ideas, samples of correspondence, and assessment tools to enhance a physical education program at the grade 7 to 12 level.

Author(s): Allen, L. (ed.) ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Physical Best Activity Guide: Elementary Level

Out-of-print

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓	✓	✓					✓	✓	✓	

This resource describes the components of a successful health-related physical education class at the elementary level. The resource includes background information, lesson plans and authentic assessment strategies to address topics such as fitness, motivation and nutrition. In addition, the book contains many ideas and activities that an elementary teacher could use to encourage fitness and active living.

Author(s): American Alliance for Health, Physical Education, Recreation and Dance ©1999
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

Physical Best Activity Guide (Secondary Level) 409898 $37.05

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓					✓	✓	✓	

This resource describes the components of a successful health-related physical education class at the junior and senior high school level. The resource includes background information, lesson plans and authentic assessment strategies to address topics such as fitness, motivation and nutrition. In addition, the book contains many ideas and activities that teachers could use to encourage fitness and active living.

©1999

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Physical Education for Children: Daily Lesson Plans for Elementary School (2nd Ed.) 433194 $76.50

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓		✓	✓	✓		

This extensive resource could serve as a curriculum overview for generalists and specialists at the elementary level, providing 437 lesson plans on the following topics: organization, fitness, games and sport, rhythmic activities, gymnastics, health and classroom activities. The lesson plans include outcomes, equipment lists, warm-ups, skill development activities and concluding activities.

Author(s): Thomas, K. et al. ©2000

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

											LRC Order No.:	Est. Cost:

Physical Education for Children: Daily Plans for Middle School (2nd Ed.)

428286 $47.25

Authorized Teaching Resource Grades 6, 7, 8

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓		✓			✓	✓

This 350-page resource is a collection of developmentally appropriate lesson plans for generalists and physical education specialists at the grade 6 to 8 level. One hundred and forty-three lesson plans are provided on the following topics: organization, fitness, games and sport, rhythmic activities, gymnastics, health and classroom activities. The lesson plans include outcomes, equipment lists, warm-ups, skill development activities and concluding activities.

Author(s): Lee, A. et al. ©2000

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Curriculum Support Series Series

Physical Education K–4: Movement with Meaning

396582 $15.15

Authorized Teaching Resource Grades K, 1, 2, 3, 4

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓								✓			

Although somewhat dated, this resource provides an easy to read, illustrated discussion of many basic movement skills, such as locomotor movements and manipulatives. The resource includes a description of each skill, key points and teaching hints, with a focus on choosing activities that are meaningful in developing these skills.

©1994

Distributor: The Manitoba Textbook Bureau; 130—1st Avenue West, PO Box 910, SOURIS, MB R0K 2C0

Telephone: 800–305–5515; 204–483–4040 **E-mail:** mtbb@minet.gov.mb.ca

LRC Order No.: **Est. Cost:**

Physical Education Methods for Classroom Teachers

463828 $45.00

Authorized Teaching Resource Grades 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓		✓		✓	✓	✓	✓	

This resource contains information about and examples of curriculum planning, instructional and management strategies, safety considerations and assessment. Issues and sample lesson plans are outlined where applicable. A chapter on the integration of physical education with other subject areas is also included. This resource would be useful as a guide for the generalist teacher or as a refresher for the physical education specialist.

Comments:

- The resource includes references to American standards, but most of the content is applicable to a Canadian and Alberta context.

Author(s): Pettifor, B. ©1999

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Physical Education: A Positive Place to Learn: Tips for Teachers

455940 $10.80

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓			✓	✓	✓	✓

This short booklet provides practical tips for physical education teachers to help them create an environment in which female students feel safe, valued and motivated to learn. These tips are organized into three categories: curriculum, environment, and assessment and evaluation.

Author(s): Gibbons, S.

Distributor: Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office; 403—2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** info@cahperd.ca

LRC Order No.: 470469 **Est. Cost:** $19.85

Physical Education Tips from the Trenches

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓		✓	✓	✓		

This lighthearted and inspiring resource presents 83 pieces of advice to help teachers deal with unexpected challenges in physical education. The resource follows a consistent, easy-to-read format: the challenge is given, common actions/mistakes are outlined, and solutions are suggested, along with strategies to ensure the situation does not occur again. Through these solutions, the resource offers teachers a variety of management and organization strategies to support them in the implementation of outcomes.

Author(s): Sutherland, C. ©2002
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Physical Education Unit Plans Series

Out-of-print

- **Physical Education Unit Plans for Preschool–Kindergarten**
- **Physical Education Unit Plans for Grades 1–2**
- **Physical Education Unit Plans for Grades 3–4**
- **Physical Education Unit Plans for Grades 5–6**

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓									

This resource identifies strategies and activities for setting up a physical education program for Kindergarten. Lesson and unit plans are provided on games, dance and gymnastics. Each plan gives outcomes/objectives, background information, equipment and materials lists, and student learning activities. Time allocations for specific lessons and units are suggested, but can be modified to suit the situation.

Author(s): Logsdon, B.J.; et al. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

													LRC Order No.:	Est. Cost:

Playday! The Manual

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

LRC Order No.: 396277 Est. Cost: $19.25

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓	✓		✓	

This resource provides information and strategies for teachers wishing to plan an activity-based special event to complement any relevant theme. The resource considers all areas of planning and organizing for the day, providing more than 40 station ideas, management tips, required equipment and concise directions for the smooth operation of each station. The examples provided are based on an ecology theme, but any relevant theme could be used. The 40 station descriptions are generically designed and can be personalized once the playday theme and format have been chosen.

Author(s): Antoniuk, M.; et al. ©1996
Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0
Telephone: 403–938–7296

Playground Leadership Program Series

Playground Leadership Program: Facilitator's Guide

Authorized Teaching Resource Grades 4, 5, 6

397118 $22.95

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓		✓	✓			✓	

This resource offers information and worksheets that the teacher/leader can use to plan and implement a leadership program within the school. It contains the following sections: getting started, selecting leaders, training leaders, implementation, promotion, recognition and celebration, and program evaluation. The accompanying "Leader's Handbook" offers useful information to the leader.

©1998
Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2
Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

LRC Order No.: **Est. Cost:**

Playground Leadership Program Series

Playground Leadership Program: Leader's Handbook 397126 $5.15

Support Resource Grades 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓		✓	✓			✓	

This handbook contains tips and templates that can be used by a student or adult leader. The resource includes information on leadership, teamwork, communication, fair play, conflict resolution, organization and planning, and safety awareness. The accompanying "Facilitator's Guide" offers useful information for teachers developing or monitoring a playground leadership program.

©1998

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034, HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

- **Positive Playgrounds: Program Manual and Comprehensive Resource of Outdoor and Indoor Games** 585490 $81.05
- **More Positive Playgrounds: More Positive Playground Outdoor and Indoor Games** 585630 $40.50

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓	✓	✓				

This series consists of three easy-to-use comprehensive games resources that can be used for playground, gymnasium and/or classroom activities. These traditional, cooperative and new games encourage positive social skills and physical fitness. The program manual is divided into a program planning section and a games resource section. The games only book features the indoor and outdoor games section of the program manual. The "More Positive Playgrounds" book presents new indoor or outdoor games and another version of the old favorites featured in the other two resources.

Author(s): Marko, P. et al. ©1998-2004

Distributor: Positive Playgrounds; 7739 80 Avenue NW, EDMONTON, AB T6C 0S3

Telephone: 780–466–9612 **E-mail:** pearl@positiveplaygrounds.ab.ca

Premier's Sport Awards Program Series

	LRC Order No.:	Est. Cost:
• **Badminton: Teaching the Basics: Resource Manual (©2001)**	476649	$11.80
• **Basketball: Teaching the Basics: Resource Manual (©2002)**	476657	$11.80
• **Curling: Teaching the Basics: Resource Manual (©2001)**	476665	$11.80
• **Disc Sports: Teaching the Basics: Resource Manual (©2003)**	491655	$11.80
• **Field Hockey: Teaching the Basics: Resource Manual (©2001)**	476673	$11.80
• **Golf: Teaching the Basics: Resource Manual (©2004)**	492801	$11.80
• **Gymnastics: Teaching the Basics: Resource Manual (©2001)**	476681	$11.80
• **Ice Skating: Teaching the Basics: Resource Manual (©2001)**	476722	$11.80
• **Judo: Teaching the Basics: Resource Manual (©2000)**	504135	$11.80
• **Orienteering: Teaching the Basics: Resource Manual (©2002)**	476748	$11.80
• **Soccer: Teaching the Basics: Resource Manual (©2001)**	476756	$11.80
• **Softball: Teaching the Basics: Resource Manual (©2001)**	476764	$11.80
• **Track & Field: Teaching the Basics: Resource Manual (©2002)**	476772	$11.80
• **Volleyball: Teaching the Basics: Resource Manual (©2002)**	476780	$11.80

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓				✓			✓		✓	✓

This series provides the basics to teach sport-specific skills in many dimensions. Each book in the series features a history of the sport, warm-up/fitness activities, equipment and safety consideration, lesson plans with illustrations and strategies, considerations for inclusion, and related games. Many of the resources in the series are available in updated versions. These new editions contain limited changes, such as updated contact information on related organizations.

Comments:

- The updated edition of the Softball resource includes new warm-up exercises and lesson plans focusing on integrated rather than isolated skills (e.g., catching and throwing activities). A skills checklist is also provided.

Author(s): Wedmann, W. ©2000-2004
Distributor: Premier's Sport Awards Program; # 228, – 1367 West Broadway, VANCOUVER, BC V6H 4A9
Telephone: 800–565–7727; 604–738–2468 **E-mail:** psap@jwsporta.ca

PRISM: Rhythmic Gymnastics Skill Development Program

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

LRC Order No.: 456477 Est. Cost: $87.70

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓								✓		✓	✓

This locally-developed resource kit was created for teaching recreational rhythmic gymnastics, but has a direct application for secondary physical education. The program develops skills at seven progressive levels of difficulty, with a colour-coded description of the levels. Within each level, the skills are divided into specific body elements (e.g., balances, pivots) and apparatuses (e.g., ribbons, hoops). The manual also contains an illustrated glossary of terms, skills checklists and blackline masters, games suggestions and teaching strategies. The video shows demonstrations of all of the skills in the program at each level.

Author(s): Palmer, H. et al. ©1999

Distributor: Alberta Rhythmic Sportive Gymnastics Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6

Telephone: 780–453–8564

Professional and Student Portfolios for Physical Education

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

396178 $37.70

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓						✓					

This resource presents practical step-by-step procedures and tips for developing and assessing portfolios for students in Kindergarten to Grade 12. The topics included in this book are: types of portfolios, organization and management, item selection, reflection, self-assessment and evaluation. Samples are also provided.

Cautions:

- Alberta Education outcomes and standards will need to replace the American outcomes used in this text.

Author(s): Melograno, V.J. ©1998

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

PROJECT APEX Series **LRC Order No.:** **Est. Cost:**

- **PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack**
- **PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6**

Authorized Teaching Resource Grades 3, 4, 5, 6 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓								

This resource supplements the *Project Apex: Teacher's Guide*. It includes two large, colourful posters, a food guide, an activity guide, two rubber stamps (one food-related and one activity-related), and a stamp pad.

Comments:

- This resource is available to teachers only after taking a workshop with the Dairy Nutrition Council of Alberta.
- This resource is also an authorized teaching resource for Health and Life Skills Grades 3 to 6.

©1999

Distributor: Alberta Milk; 14904 121A Avenue, EDMONTON, AB T5V 1A3
Telephone: 800–252–7530; 780–453–5942 **E-mail:** srietveld@albertamilk.com

Ready-to-Use P.E. Activities Series

- **Ready-to-Use P.E. Activities for Grades K–2** 257180 $44.40
- **Ready-to-Use P.E. Activities for Grades 3–4** 257198 $44.40
- **Ready-to-Use P.E. Activities for Grades 5–6** 257205 $44.40
- **Ready-to-Use P.E. Activities for Grades 7–9** 257180 $44.40

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓			✓	

This resource provides practical, ready-to-use activities in eight sections: Introductory Activities, Fitness Activites, Movement Awareness, Rhythms and Dance, Gymnastics, Games Skills, Special Games, and Closing Activities. In addition, the resource includes information on how to prepare lesson plans (daily, weekly and yearly) using these activities.

Author(s): Landy, J.M.; Landy, M.J. ©1992
Distributor: Pearson Education Canada Inc. ; PO Box 580, 26 Prince Andrew Place, DON MILLS, ON M3C 2T8
Telephone: 800–361-6128; 416 386–3372 **E-mail:** mark.cobham@pearsoned.com

LRC Order No.: Est. Cost:

Ready-to-Use Secondary P.E. Activities Program: Lessons, Tournaments & Assessments for Grades 6–12 397861 $55.60

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓	✓					

This resource provides unique and creative lesson ideas, activities and games involving 35 sports, from aerobics to wrestling. The book includes worksheets, handouts, scorecards and tournament information to make classroom management easy and fun. In addition, 16 assessment tools are provided.

Author(s): Lumsden, K.; Jones, S. ©1996
Distributor: Pearson Education Canada Inc. ; PO Box 580, 26 Prince Andrew Place, DON MILLS, ON M3C 2T8
Telephone: 800–361-6128; 416 386–3372 **E-mail:** mark.cobham@pearsoned.com

Rhythmic Activities and Dance 396251 $26.10

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

This text includes 192 dance activities under the headings of Rhythmic Games, Aerobics, Line Dances, Mixers, Square Dances and Folk Dances. Each chapter progresses through developmentally-appropriate levels (beginner, intermediate and advanced). Each level outlines characteristics that teachers can use as a guideline for monitoring students as they progress from one level to the next. Teaching strategies, planning and evaluation ideas are also included.

Author(s): Bennett, J.P.; Riemer, P.C. ©1995
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

	LRC Order No.:	**Est. Cost:**
Right Fielders Are People Too: An Inclusive Approach to Teaching Middle School Physical Education	399346	$30.55

Authorized Teaching Resource Grades 4, 5, 6, 7, 8

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓		✓		✓	✓	✓

This resource focuses on promoting inclusion of all students; however, the resource does not provide specific strategies for facilitating the participation of students with disabilities and those from various cultures. Insight into the challenges of teaching middle school physical education is provided, and more than 100 modified and/or innovative games and activities for developing physical skills, cooperative behaviours and problem-solving abilities are included. Reference is made to student input regarding the program and assessment practices.

Author(s): Hichiwa, J. ©1998
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource	440553	$7.25

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											

This resource, developed in Alberta as a legacy of the 8th IAAF World Championships in Athletics, includes developmental lessons focusing on the basic skills of running, jumping and throwing. General warm-up activities are included, along with specific drills for sprinting, hurdles, long jump, high jump and shot put. The resource also includes the rules associated with run, jump and throw events for the world championships, as well as a glossary of track and field terms.

©2001
Distributor: Learning Resources Centre (LRC); 12360 – 142 Street, EDMONTON, AB T5L 4X9
Telephone: 780–427–5775 **E-mail:** LRCcustserv@gov.ab.ca

	LRC Order No.:	Est. Cost:
• **Safe Stretches: Tip to Toe**	515976	$8.75
• **Safe Stretches: Tip to Toe (Posters)**	515984	$21.05

Support/Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓										✓		

This current Canadian booklet illustrates 12 basic stretches from head to foot. The resource features explicit illustrations and explanations for each stretch, with an emphasis on safety. The 25-page booklet would be a useful tool for the generalist teacher of physical education. The current Canadian poster set illustrates 12 basic stretches from head to foot. The posters feature explicit illustrations and explanations for each stretch, with an emphasis on safety.

Author(s): Peters, D.

Distributor: Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office; 403—2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** info@cahperd.ca

Safety Guidelines for Physical Activity in Alberta Schools (Revised Edition)	517063	$18.55

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓					✓		✓

This resource offers safety guidelines for the delivery of physical activities in schools, to assist Alberta school authorities in establishing their own site-specific guidelines. The resource includes safety information related to equipment and facilities, transportation, accidents and instruction. It also includes specific safety-related information for over 70 physical activities.

Cautions:

- Teachers are reminded to be aware of any existing safety guidelines or policies in their district.

©2003

Distributor: Alberta Centre for Injury Control and Research; 4075 RTF, 8308 – 114 Street, EDMONTON, AB T6G 2V1

Telephone: 780–492–6019 **E-mail:** acicr@ualberta.ca

LRC Order No.: **Est. Cost:**

Safety Guidelines for Secondary Interschool Athletics in Alberta

517055 $12.80

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓		✓	✓	✓	✓	✓		✓	✓	✓

This resource offers guidelines to assist school authorities in establishing their own specific safety guidelines and policies for interschool athletics in Alberta secondary schools. The resource describes generic safety issues, as well as those related to higher-risk, medium-risk and lower-risk sports. It also deals with various components in safety planning, including equipment, facilities, instructional considerations, supervision and student responsibility. The resource then outlines more specific guidelines for 26 different interschool sporting activities currently occurring in Alberta schools. A variety of checklists and sample forms are provided in the appendices.

©2003

Distributor: Alberta Centre for Injury Control and Research; 4075 RTF, 8308 – 114 Street, EDMONTON, AB T6G 2V1
Telephone: 780–492–6019 **E-mail:** acicr@ualberta.ca

School Based Home Developmental P.E. Program: Teacher Guidebook

395146 $51.50

Authorized Teaching Resource Grades K, 1, 2

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											

This resource promotes the early screening and remediation of movement difficulties in young children, emphasizing that early detection and intervention increases motor ability, self-esteem and learning. The program described is intended as a home program but could be used successfully in any school setting. A few home-based and school-based developmental activities are included, along with strategies to continually evaluate improvements and growth.

Author(s): Wood, B. ©1998
Distributor: Front Row Experience; 540 Discovery Bay Boulevard, DISCOVERY BAY, CA 94514 USA
Telephone: 800–524–9091; 925–634–5710 **E-mail:** service@frontrowexperience.com

LRC Order No.: 438813   Est. Cost: $23.40

Skill Development: A Tennis Curriculum for Children Age 5 to 8

Support Resource   Grades 1, 2, 3

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓	✓	✓	✓	✓

This manual contains a 10-step progressive skill development program for teaching tennis to children. Each step has two to four lessons, consisting of fun drills and games with suggested teaching principles, learning progressions and class organization. Illustrations accompany the instructions.

©1998

Distributor: Tennis Alberta; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6

Telephone: 780–415–1661   **E-mail:** info@tennisalberta.com

Snow Smart Series

- **Alberta Physical Education Grade 6: Alpine Safety for Skiers and Snowboarders**
- **Be Aware: Ski and Ride with Care**
- **Safety in Numbers: A Group Leader's Guide to Ski Outings**
- **Beating the Odds: Avalanche Search & Rescue**

Vendor Direct

Authorized Teaching Resource   Grades 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓		✓		✓	✓	✓

This resource package provides a Grade 6 module that focuses on safe skiing and showboarding. The package consists of a Snow Smart teacher's resource, a video, and a supplementary teacher resource called "Safety in Numbers." The teacher's guide features five classroom lessons (approximately 1 hour each) promoting safety during alpine skiing and/or showboarding. The lessons involve individual and group work and provide background information from a variety of sources. The supplementary resource, presented by the Canadian Ski Patrol System, provides information in planning ski outings.

©1996

Distributor: Canadian Ski Patrol System / Canadian Avalanche Association / SmartRisk Foundation; c/o 524 Strathcona Drive SW,
CALGARY, AB T3H 1L9

Telephone: 403–249–0055

LRC Order No.: **Est. Cost:**

Sports, Drugs and You

Support Resource Grades 8, 9

ACCESS–The Education Station
BPN 20354-01

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
			✓	✓								

This video provides an informative look at how drug use affects athletic performance. Drugs discussed include tobacco products, alcohol, marijuana, steroids and other performance-enhancing drugs. Dramatizations involving a variety of sports activities are included to illustrate the ideas.

Comments:

- This resource is also an authorized teaching resource for Health and Life Skills Grade 8.

©1999

Distributor: Omega Films Limited; 2 Harrison Drive, LEASKDALE, ON L0C 1C0
Telephone: (800) 663–4238; (905) 852–3668 **E-mail:** info@omegafilms.ca

Sports First Aid Series

• **Athletic Taping**	398421	$29.00
• **A Guide to Sport Injuries**	321208	$29.00

Authorized Teaching Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
				✓						✓	✓	✓

- *Athletic Taping*

This resource is a complete taping manual for all types of athletic injuries, including ankle and foot, knee, hand and wrist, and elbow. The resource discusses injury recognition and management, general taping considerations, specific taping and wrapping techniques for the areas mentioned above, and safety considerations, including when not to tape.

- *A Guide to Sport Injuries*

This resource is a basic introduction to the cause and prevention of athletic injuries, including profiles of various injuries and suggested treatments. The resource reinforces safe practices and provides information on athletic injuries, first-aid care and injury prevention principles.

©1996

Distributor: Sports Medicine Council of Alberta; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6
Telephone: 780–415–0812 **E-mail:** smca@sportmedicinecouncilofalberta.ca

LRC Order No.: 482224 **Est. Cost:** $17.75

Station Games: Fun and Imaginative PE Lessons

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓							✓	✓		

This resource contains helpful tips and strategies for implementing a wide variety of station-based lessons. Forty station lessons are presented with step-by-step instructions and outcomes. The chapters include teaching tips and information on basic skills, sport fundamentals, and fitness implementation. The resource also contains a very descriptive index featuring information on planning, set up time, equipment needed, and skills involved.

Author(s): Burk, M. ©2002

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

The Library of Healthy Living Series

Staying Healthy: Let's Exercise

440438 $18.20

Support Resource Grades 1, 2

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓						✓		

This 24-page resource provides young students with information on exercise, major body parts (e.g., bones, joints, muscles, lungs, heart, blood) and safety. The resource uses large print and colourful illustrations to enhance student learning. A glossary of terms is included.

Comments:

- This resource is also an authorized teaching resource for Health and Life Skills Grade 1.

Author(s): McGinty, A. ©1997

Distributor: Knowbuddy Resources; PO Box 37–27 Stewart Road, COLLINGWOOD, ON L9Y 3Z7

Telephone: (800) 667–1121; (705) 445–4777 **E-mail:** info@knowbuddyresources.com

Step Lively! Series

	LRC Order No.:	Est. Cost:
• **Step Lively! Dances for Schools and Families (includes CD)**	456550	$27.80
• **Step Lively 2: Canadian Dance Favourites (includes CD)**	456542	$27.80
• **Step Lively 3: Primary Dances with CD Recording**	552051	$27.80

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											✓

This Canadian resource package includes a music CD and an instruction booklet to teach a variety of old and new dances, including folk, mixers and couple dances. The booklet includes clear and detailed steps, formations and variations, and a glossary of terms.

Author(s): Rose, M. ©2000
Distributor: Community Dance Project; 2056 East 3rd Avenue, VANCOUVER, BC V5N 1H7
Telephone: 604–254–5678 **E-mail:** info@marianrose.com

Steps to Success Activity Series Series

	LRC Order No.:	Est. Cost:
• **Archery (2nd Ed.)**	406274	$20.15
• **Bowling (2nd Ed.)**	406282	$18.75
• **Golf (2nd Ed.)**	406290	$18.75
• **Ice Skating**	406307	$18.75
• **Netball**	406315	$20.85
• **Squash**	406323	$18.75
• **Swimming (2nd Ed.)**	406331	$26.85
• **Tennis (2nd Ed.)**	Out-of-print	
• **Volleyball (2nd Ed.)**	406357	$18.75
• **Weight Training (2nd Ed.)**	406365	$18.75

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily … for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓	✓		✓	✓

This series is a comprehensive look at the skills required to play a wide range of sports. Each book in the series focuses on a specific sport, and includes background information, rules, equipment, descriptions and illustrations of the skills involved, suggested drills, teaching progressions, and self-assessment activities. In addition, suggestions for correcting problems and errors regarding the skills, and for increasing or decreasing the difficulty of drills, are included.

Author(s): Haywood, K.M.; Lewis, C.F. ©1992-1997

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

Steroid and Body Image Kit

400937 $6.00

Support Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
			✓	✓					✓	✓	✓	

This resource kit provides information on two health-related issues: the use of anabolic steroids, and societal pressure to develop a certain type of body. The effects of steroid use, particularly by males, is outlined. The resource also allows students to conduct a self-analysis regarding body image.

Comments:
- This resource is also authorized for Career and Life Managements grades 10 to 12.

©(1996)

Distributor: Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES); Suite 202, 2197 Riverside Drive, OTTAWA, ON K1H 7X3
Telephone: 800–672–7775; 613–521–3340 **E-mail:** fperrault@cces.ca

Steroids: Bulking Up Can Kill

399073 $127.40

Support Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓	✓	✓	✓		✓	✓		✓		✓

This video details the consequences of steroid use by males. The program profiles the experiences of an ex-professional football player who started out his career with great promise, but had to quit football when his right foot and ankle were amputated due to steroid abuse. It also tells the story of an American high school football team that was accused of using steroids after showing great improvements in their season, but ultimately proved that their success resulted from effort and determination.

Comments:
- This resource is also authorized for Career and Life Managements grades 10 to 12.

Cautions:

©1998

Distributor: Canadian Learning Company Inc.; 95 Vansittart Avenue, WOODSTOCK, ON N4S 6E3
Telephone: 800–267–2977; 519–537–2360 **E-mail:** info@canlearn.com

LRC Order No.: **Est. Cost:**

Strategies for Inclusion: A Handbook for Physical Educators

512146 $41.70

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓		✓	✓			✓	✓	✓	✓	✓

This resource contains practical ideas for promoting inclusion in physical education, including easily-implemented planning and assessment strategies. The book is divided into two parts: background information about inclusion, followed by 38 teachable units with assessment tools. Case studies, teaching tips, individual performance plans, adaptations, strategies for facilitating inclusion, and a peer tutoring training section are included.

Cautions:

- This resource identifies additional resources that have not been reviewed or authorized by Alberta Learning.
- Teachers should note the following safety issues: trampolines (page 148) and use of springboard with pommel horse (page 150).

Author(s): Lieberman, L.; Houston-Wilson, C. ©2002
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Stretching & Flexibility: An Interactive Personal Stretching and Fitness Program: CD-ROM (Windows Version) with Instructor's Manual

362723 (5-Pack) $99.95

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
		✓		✓					✓	✓	✓	✓

This resource can be used as a teaching tool for individuals, small groups or the entire class. The informative interactive CD-ROM contains a database of 149 different stretches. With a well thought-out design, the CD-ROM allows teachers or students to create their own stretching programs based on a sport-specific focus, a muscle-specific focus or for general flexibility. Set-up instructions and sample lesson plans are included in the print manual.

Comments:

- This resource would be particularly useful for distance learning.

Author(s): Sorrentino, R.
Distributor: Savvy Knowledge Systems Corp.; 606, 7620 Elbow Drive SW, CALGARY, AB T2V 1K2
Telephone: 800–230–5593; 403–264–7201 **E-mail:** francine@savvyknowledge.com

LRC Order No.: Est. Cost:

Student Leadership Development Guide: Secondary

397481 $36.50

Authorized Teaching Resource Grade 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓	✓	✓			✓	✓

This resource is based on the philosophy that, through experience and deliberate practice, young people of all ages and abilities can increase their leadership capacities and learn how to successfully plan, organize and implement their own programs. The focus is on providing opportunities for young people to become independent, positive leaders who are able to run programs with minimal assistance. The program goals also focus on cooperation, communication, teamwork, problem-solving and conflict-resolution skills. Through the emphasis on intramural and recreational events, the resource also supports outcomes related to active living in the community.

©1998

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

Student-Centered Physical Education: Strategies for Developing Middle School Fitness and Skills

395782 $30.25

Authorized Teaching Resource Grades 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓	✓	✓	✓	✓	✓	✓				

This resource provides information and ideas for delivering student-centered physical education. The first part of the resource explains how to develop and organize classes using modular lesson plans and a student-centered approach. It also includes a chapter on authentic assessment strategies, which discusses the use of portfolios, rubrics and portfolio cards. The second part of the resource provides over 100 fitness-related activities, organized into the following categories: warm-ups (e.g., fitness circuits), skill development activities (e.g., passing drills), team-oriented activities (e.g., catching/throwing), and individual and paired activities (e.g., gymnastics, track and field). These activities are presented with easy-to-follow instructions, and are ready to be inserted into the modular lesson format described in Part 1. A chapter on health-related fitness concepts, including teaching techniques, is also included. Throughout the resource, the focus is on teaching health and fitness as life skills.

Author(s): Smith, T.K.; Cestaro, N.G. ©1998

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Survival Kit for the Introduction of Team Handball

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12 Vendor Direct

Activity		**B**enefits Health			**C**ooperation				**D**o it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓		✓				✓

This resource presents lead-up activities and games to enhance team handball skills. Through these activities, students build their understanding of handball rules, tactics and strategies. The resource is easy to read, with diagrams to supplement the text.

Distributor: Alberta Team Handball Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6
Telephone: 780–415–2666 **E-mail:** athf@compusmart.ab.ca

Swimming and Water Safety

371328 $32.40

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		**B**enefits Health			**C**ooperation				**D**o it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓						✓		✓		✓

This resource includes text, graphics and photographs about a variety of topics related to swimming and water safety. Topics include aquatic opportunities; water and ice safety; water entries; basic aquatic skills; strokes; competitive starts and turns; and lifelong fitness. The "strokes" section includes a checklist of movement principles that teachers will find helpful.

©1995

Distributor: The Canadian Red Cross Society; 170 Metcalfe Street, Suite 300, OTTAWA, ON K2P 2P2
Telephone: 613–740–1900 **E-mail:** feedback@redcross.ca

(To be withdrawn from authorization August 31, 2005)

LRC Order No.: Est. Cost:

Synchronized Ball Skills

395849 $25.80

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓						✓	✓				

Synchronized Ball Skills combines ball-handling skills with rhythmic movements set to music. The teacher's guide outlines activities progressing from basic ball-handling skills for young students to more difficult synchronized movement and dance patterns for older students. The CD provides popular songs for teaching the activities, with each song included as both music-only and music-with-instruction. This resource can be used as part of a rhythmic gymnastics program or a basic ball-handling skills activity.

Author(s): Hughes, H.H. ©1998
Distributor: Educational Activities Software; PO Box 754, BALDWIN, NY 11510 USA
Telephone: 800–645–2796; 516–867–7878 **E-mail:** astern@ea-software.com; achieve@ea-software.com

Teaching Children Gymnastics (2nd Ed.)

552689 $27.80

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓							✓	✓	✓	✓	

This resource combines Olympic and educational gymnastics in a practical and individualized manner that would be particularly helpful for a teacher who is not a physical education specialist. The resource is divided into two parts: background information on gymnastics, and developmentally appropriate learning activities. These activities link gymnastics skills into sequences, and fall under three main themes: static, travelling and rotation. Information on classroom management, alternative equipment, inclusion for all, safety concerns, scope and sequence of activities, and assessment methods are also included in this resource.

Author(s): Werner, P. ©2004
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM) 456328 $47.75

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓				✓	✓		✓	✓	✓	✓	

This resource focuses on skills and techniques used by successful teachers to engage students and increase learning in physical education. It is written from the perspective of a teacher, and describes and analyzes skills such as motivating, establishing a positive learning environment, minimizing class management problems, and assessment. Practical examples and questions for reflection are included for these and many additional topics. The CD-ROM includes examples of some of the teaching skills described in the text. Both novice and experienced teacher will find new ideas and strategies outlined in the resource.

Author(s): Graham, G. ©2001
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Teaching Health-related Exercise at Key Stages 1 and 2 395964 $26.45

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓		✓						✓	✓	✓

This book examines successful programs that schools in the United Kingdom have adopted to promote active living and physical activity. The resource integrates the concept of health benefits into simple physical education activities and lessons that use readily available equipment. The resource also provides a variety of assessment strategies and discusses important safety considerations.

Author(s): Harris, J.; Elbourn, J. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.:	Est. Cost:
476863	$72.30

Teaching Martial Arts for Fitness and Fun Video: A Noncontact Approach for Young People (Video)

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓								✓		

This video can be used to teach students the fundamental skills of non contact martial arts. The material is clearly presented through step-by-step instructions and demonstrations, with an emphasis on using correct basic techniques to facilitate a fun way to fitness. In addition, a 25-minute aerobic workout is included on the video.

©2000

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Teaching Middle School Physical Education

Out-of-print

Authorized Teaching Resource Grades 4, 5, 6, 7, 8

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓		✓	✓			

This book offers suggestions for designing and implementing a physical education program in grades 4 to 8. It describes how to create a program that addresses the specific needs and capabilities of upper elementary and junior high students, and contains a sample program for grades 6, 7 and 8. This resource provides information and advice on developing lesson and unit plans; motivating students; using positive teaching behaviours and training styles, and incorporating technology.

Author(s): Mohnsen, B.S. ©1997

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

	LRC Order No.:	Est. Cost:
Teaching the Nuts and Bolts of Physical Education: Building Basic Movement Skills	414334	$28.20

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓	✓	✓	✓	✓	✓	

This resource outlines the basic locomotor skills (rolling, throwing, catching, passing, dribbling, striking and kicking) that form the foundation of movement and the acquisition of other skills. It includes teaching suggestions, safety procedures, equipment modifications, age-appropriate activities and assessment strategies.

Author(s): Colvin, A. et al. ©2000

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Teaching Orienteering (2nd Ed.)	395815	$27.10

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓	✓	✓	✓	✓	✓	✓	

This resource provides an extensive introduction to orienteering preparation, implementation and adaptations. The resource explains how to teach orienteering in the classroom, school grounds, parks and woodlands. Age-appropriate suggestions and activities are provided for these different settings. Information on training techniques, theory sessions, compass use, fitness and map making is also included. A chapter is dedicated to orienteering for people with disabilities.

Comments:

- Frequent references are made to the United Kingdom (the origin of the resource), but these do not detract from other content.

Author(s): McNeill, C.; et al. ©1998

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: Est. Cost:

Teaching for Outcomes in Elementary Physical Education: A Guide for Curriculum and Assessment 414326 $35.45

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓		✓	✓			✓	✓	✓	✓	

This resource provides a link between planning and assessment, offering practical, meaningful information and ideas that can be used in a variety of teaching situations to assist in meeting student needs through an outcomes-based curriculum. The resource is divided into two parts: Part 1 includes introductory information on outcomes and assessment, and Part 2 provides sample assessment tasks and curriculum ideas. Topics addressed in Part 2 include safety; movement concepts; locomotor, nonlocomotor and manipulative skills; and fitness.

Author(s): Hopple, C.

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach 537178 $22.95

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓			✓				✓	✓	✓	✓	✓

The purpose of this resource is to provide sufficient information to allow a teacher without specific training to develop a developmentally-appropriate rhythmic gymnastics program. The teacher is presented as a facilitator who creates opportunities for students to attempt learning challenges at their own ability level, using guided discovery and problem solving. The resource provides background information; information regarding equipment; and tips for developing unit and lesson plans, selecting music and learning activities, and assessing student learning.

Author(s): Palmer, H. ©2003

Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: **Est. Cost:**

Teaching Sport Concepts and Skills: A Tactical Games Approach

395758 $27.10

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓									✓		

This valuable resource provides a tactical approach to teaching games in grades 7 to 12. Soccer, basketball, volleyball, badminton, tennis, softball and golf are the sports included. For each sport, the resource includes lesson plans with suggestions to maximize teaching space and stations. The resource focuses on the game situation rather than skill mastery, thus encouraging students to understand the sport and implement a problem-solving approach to skill development. An assessment section is also included, with attention given to outcomes.

Author(s): Griffin, L.L.; et al. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Teaching Tumbling

395972 $27.80

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓						✓	✓	✓		✓

This resource teaches basic tumbling, including balances, rotations, supports, and springing and landing skills. The resource includes 42 lesson plans, 86 basic tumbling skills with illustrations, assessment options and a set of task cards for station work. It is particularly useful for teachers inexperienced in teaching gymnastics.

Author(s): Ward, P. ©1997
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

LRC Order No.: 456310 Est. Cost: $20.15

Team Building through Physical Challenges

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓	✓	✓	✓	✓	✓	

This resource focuses on the development of cooperative learning through physical challenges, with 22 team-building challenges outlined. The challenges range in difficulty, and adaptations are suggested to facilitate inclusion of students with disabilities. Safety is considered throughout.

Author(s): Glover, D.; Midura, D. ©1992
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

Team Handball (Promotional Video)

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12 Vendor Direct

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓							✓				✓

This resource is a promotional video of the men's and women's national handball teams.

Distributor: Alberta Team Handball Federation; Percy Page Centre, 11759 Groat Road, EDMONTON, AB T5M 3K6
Telephone: 780–415–2666 **E-mail:** athf@compusmart.ab.ca

	LRC Order No.:	Est. Cost:
The Treasury of Moga Madness: For Youth-by-Youth Active Living Challenges for the Most Outrageous Group Activity	397423	$20.90

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓											✓

The Treasury of Moga Madness is a compilation of wild and crazy events that have been organized by junior and senior high schools across the country. These imaginative events are varied and can easily be adapted for a variety of settings, number of participants and needs within the school and community. Sections include charity activities, environmental activities, mini games, relays, obstacle courses, stations, theme activities, and activities for large groups.

©1998

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

Up, Down All Around Gymnastics Lesson Plans Series

• **Up, Down All Around Gymnastics Lesson Plans: Series A**	395881	$29.00
• **Up, Down All Around Gymnastics Lesson Plans: Series B**	395899	$29.00
• **Up, Down All Around Gymnastics Lesson Plans: Series C**	395906	$29.00
• **Up, Down All Around Gymnastics Lesson Plans: Teacher's Guide**		

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓		✓	✓	✓	✓	✓	

This resource includes a teacher's guide and three packages of lesson plans. Each package contains 20 lesson plans, including activation activities, directed learning, exploratory learning and review. The lessons are easy to follow and teacher friendly. They use minimal equipment.

Author(s): Russell, K. et al. ©1994

Distributor: Ruschkin Publishing; 7 Northcote Bay, WINNIPEG, MB R2G 3M2

Telephone: 204–925–5782 **E-mail:** kstoesz@sport.mb.ca

LRC Order No.: 398372 Est. Cost: $23.15

Volleyball for Children

Authorized Teaching Resource Grades 4, 5, 6, 7

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓				✓			✓				

This resource assists teachers in teaching volleyball skills to students in grades 4 to 7. The resource presents a gradual approach, using common locomotor and manipulative movements to teach the required skills, based on the child's level of physical, motor, cognitive and social development. A progression of activities is developed, leading up to a modified volleyball game in a 4-on-4 setting.

©1995

Distributor: Volleyball Canada; 2, 5510 Canotek Road, GLOUCESTER, ON K1J 9J5

Telephone: 613–748–5681 **E-mail:** info@volleyball.ca

Volleyball Technical Posters Series

Blocking, Defense, Passing, Serving, Setting, Spiking

Out-of-print

Support Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓							✓			✓	

This resource is a pictorial illustration of some of the major skills in the game of volleyball. Bright colour photographs are complemented with steps for learning each skill. Canadian Volleyball Association approved, the set of posters is a resource for instruction in volleyball. No visible minorities are depicted in this resource. Teachers and coaches are advised to include such in their examples.

©1998

Distributor: Volleyball Canada; 2, 5510 Canotek Road, GLOUCESTER, ON K1J 9J5

Telephone: 613–748–5681 **E-mail:** info@volleyball.ca

(To be withdrawn from authorization August 31, 2006)

LRC Order No.: **Est. Cost:**

Walking Games and Activities (40 New Ways to Make Fitness Fun)

470477 $25.00

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓		✓					✓	✓		✓

This resource combines the concepts of fitness and walking as a vehicle for games. The book includes 40 games, along with tips for inclusion, sample units, and topics for discussion (e.g., proper form, nutrition). The sample units contain teaching tips, safety considerations, equipment lists, organization tips, worksheets and variations.

Author(s): Decker, J.; Mize, M. ©2002
Distributor: Human Kinetics Canada; 475 Devonshire Road – Unit 100, WINDSOR, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** jodis@hkcanada.com

A Western Playday

396269 $15.45

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓			✓	✓		✓	✓	✓		✓	✓

This resource includes 40 stations complete with clear descritions, diagrams, and useful suggestions to make adaptations for equipment and nature of events. The western theme has a natural attraction for everyone; however, some cautions are to be noted before implementing some of the activities.

Cautions:

- Teachers may consider substituting Western Canadian role-models for the American ones given.
- Some students and community members may consider rodeos as cruelty to animals. Teachers are advised to discuss this issue ahead of time and to provide background information to students regarding the culture of the "Old West."
- Parents should be notified in advance regarding some of the activities (i.e., face painting, use of water pistols).
- Teachers are encouraged to change names or descriptions of some of the activities to better reflect their local communities.

Author(s): Antoniuk, M. ©1998
Distributor: The Creative Network; Box 10, ALDERSYDE, AB T0L 0A0
Telephone: 403–938–7296

	LRC Order No.:	Est. Cost:
Why Paper & Scissors Rock!!!	564163	$20.90

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
					✓	✓		✓				

This resource uses a “traditional game” to incorporate teamwork, cooperation, decision making, problem solving and movement skills. The manual includes a rock, paper, scissors responsibility code, official rules, a history and variations. A section on each of the warm ups, the games, sport variations, group games and individual games is included. This resource could be used to promote physical activity in small spaces.

Author(s): Byl, J. et al. ©2003

Distributor: Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office; 403—2197 Riverside Drive, OTTAWA, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** info@cahperd.ca

Win Win Tag Games (©2002)	407892	$17.60

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓				✓		✓	✓			✓

This resource is a collection of over 25 fun, fast-paced tag games that develop basic skills such as throwing, catching, dodging and running. The games may be used as they are or modified and combined to create new games. The book's win-win philosophy emphasizes inclusion, maximum participation, and effective on-the-spot decision making.

Author(s): Budwill, D. ©2002

Distributor: Sport Books Publisher; 278 Robert Street, TORONTO, ON M5S 2K8

Telephone: 416–922–0860 **E-mail:** sbp@sportbookspub.com

LRC Order No.: **Est. Cost:**

Wrestling: The Original Sport (Video and Curriculum Guide)

409583 $40.60

Authorized Teaching Resource Grades 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓					✓				✓		

This resource provides a comprehensive set of 18 lessons designed to take the learner from no wrestling experience to upper-level take downs. The video is complemented by a skills-oriented manual that describes wrestling rules and sample lessons.

Author(s): McKay, D. ©1993

Distributor: Canadian Amateur Wrestling Association (CAWA); 7-5370 Canotek Road, GLOUCESTER, ON K1J 9E6

Telephone: 613–748–5686 **E-mail:** gmathieu@wrestling.ca

(To be withdrawn from authorization August 31, 2006)

You're "It"! Tag, Tag and More Tag: Games for All Ages

564460 $17.40

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
	✓	✓				✓		✓	✓			

This resource outlines 90+ tag games that are organized in a convenient manner: traditional tag games, partner or group tag games, tag games using balls, tag games with equipment, tag games using lines, crossing tag games, tag games with a twist. Each game is outlined with level, space, description and equipment (most have no or minimal equipment requirements).

Author(s): Doyle, P. ©2001

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); P O Box 2034,
HAMILTON, ON L8N 3T2

Telephone: 905–575–2083 **E-mail:** cira.ontario@mohawkcollege.ca

The Young Enthusiast Series	**LRC Order No.:**	**Est. Cost:**
• **The Young Baseball Player**	Out-of-print	
• **The Young Basketball Player**	Out-of-print	
• **The Young Gymnast**	Out-of-print	
• **The Young Inline Skater**	Out-of-print	
• **The Young Martial Arts Enthusiast**	Out-of-print	
• **The Young Rider**	Out-of-print	
• **The Young Snowboarder**	Out-of-print	
• **The Young Swimmer**	Out-of-print	
• **The Young Tennis Player**	Out-of-print	
• **The Young Track and Field Athlete**	Out-of-print	

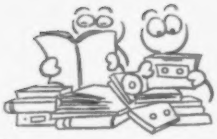
Support Resource Grades 4, 5, 6, 7, 8, 9

Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community
✓	✓	✓			✓	✓		✓		✓		✓

This series is a complete library of skill development for numerous activities. Diagrams complement each skill. The books are easy to read and appeal to the instructors. Each book is activity specific, but skill development, application, knowledge, health and fitness benefits, cooperative behaviour and reference to lifetime opportunities is outlined in each volume. As the format is similar in each book, they provide a quick and easy reference that relate closely to the outcomes.

©1998
Distributor: McGraw-Hill Ryerson Ltd.; 300 Water Street, WHITBY, ON L1N 9B6
Telephone: 800–565–5758; 905–430–5000 **E-mail:** nancygr@mcgrawhill.ca

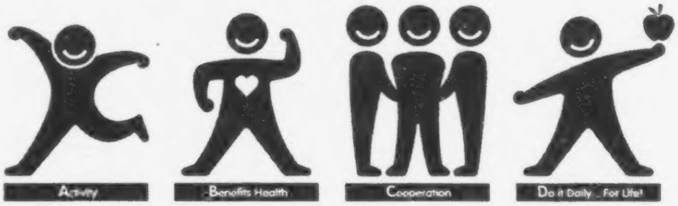
(To be withdrawn from authorization August 31, 2005)



ALBERTA AUTHORIZED RESOURCE LIST and ANNOTATED BIBLIOGRAPHY

Part III: Other Resources - Agencies and Associations (Listed Alphabetically)

ABCD's of Physical Education



Physical Education

Kindergarten to Grade 12

April 2005

Part III: Agencies and Resources

The agencies and resources listed below are provided as a service to assist teachers with implementation of the Physical Education Program of Studies, Kindergarten to Grade 12. The responsibility to evaluate the resources listed in this section, prior to selection, rests with the user, in accordance with any existing local policy.

Active Living Alliance for Canadians with a Disability
Address: 720 Belfast Road, Suite 104, Ottawa, ON K1G 0Z5
Telephone: 613–244–0052 Fax: 613–244–4857 Toll free: 1–800–771–0663
E-mail: info@ala.ca
Web Site: www.ala.ca

Alberta Amateur Wrestling Association
The AAWA has two resources for teachers interested in introducing wrestling to their students:

- *A Curriculum Guide*, a video and manual featuring 18 lesson plans for junior high and senior high school students
- Clinician will visit schools and introduce students and teachers to techniques and coaching tips, and provide a general introduction to wrestling.

Address: Percy Page Centre, 2nd Floor, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–0140 Fax: 780–427–0524
E-mail: aawa@dignet.net
Web Site: www.albertawrestling.ab.ca

Alberta Bicycle Association
The ABA has a library with coaching, educational and touring material related to bicycling. They also list cycling facilities in Alberta and have extensive resources on the history of cycling in Canada.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6352 Fax: 780–427–6438 Toll free: 1–877–646–2453
E-mail: office@albertabicycle.ab.ca
Web Site: www.albertabicycle.ab.ca

Alberta Broomball Association
Resources available include clinics; coaching manuals, including the biomechanics of broomball; rule books; high performance videos; and curriculum development assistance.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6537 or 780–461–4786 Fax: 780–463–2599
E-mail: abawebmaster@yahoo.ca, info@broomballedmonton.com (Edmonton branch)
Web Site: www.broomball.ab.ca

Alberta Camping Association
ACA has a directory of member camps that are accredited and that run outdoor schools. The Alberta Camping Association also has a standards and regulations booklet for camps to follow to achieve accreditation.
Guide to organized camping in Alberta listed on Web site.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6605 Fax: 780–427–6695
E-mail: info@albertacamping.com
Web Site: www.albertacamping.com

Alberta Centre for Active Living (Formerly Alberta Centre for Well-Being)
Research and education for the promotion of physical activity.
The Alberta Centre for Active Living works with practitioners, organizations and communities to improve the health and quality of life of Albertans through physical activity. Our Web site (www.centre4activeliving.ca) offers extensive resources on many aspects of physical activity, including information about children, chronic disease prevention, the health determinants, community health, workplace activity programs and other topics related to physical activity. The centre also has a resource library with a wide range of resources. The resources featured below are available on loan from our library.
Contact: Resource Coordinator
Address: 3rd Floor, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–0077 Fax: 780–455–2092 Toll free: 1–800–661–4551
E-mail: active.living@ualberta.ca
Web Site: www.centre4activeliving.ca

- **Active Children, Healthy Children: An Active Living Guide for Parents**
  A booklet to help parents assess the activity levels of their children (for ages 3–9) and tips for getting kids to be more active.

- **Active P.I.: Primary Ideas for Active Living**
  This is a teacher's guide for grades K–3. "Active P.I. provides an easy and effective approach to teaching the importance of physical activity everyday—active living." It is divided into four sections: identification, classification, function and selection.

- **Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years**
  "The recommendations in this document provide guidance to parents, caregivers and teachers of infants and young children about the physical activity capabilities and needs of infants, toddlers and preschoolers."

- **Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines**
  An outline and explanation of the new physical activity guidelines developed by the American Centres for Disease Control and Prevention (CDC) and examples of recreation programs from both school and community settings that have successfully incorporated the guidelines.

- **Adapted Physical Activity**
  "In Adapted Physical Activity, established researchers and experienced service providers examine sport, physical activity, recreation and physical education from socio-cultural, psychological and functional (biological) perspectives."

- **Alberta Milk Nutrition File Seminar February 2003: Growing Kids, Shrinking Bones—Tomorrow's Challenge**
  This resource combines the text package with the complete videotape of the seminar and speakers.

- **Arctic Sports: A Training and Resource Manual 2nd Edition**
  "This manual shows how the culture of the Inuit traditional games can be connected to the organizational and competitive framework of modern sports. It describes the place of games in the traditional way of life, examines the importance of traditional values and 'ways of doing things' for Arctic Sport Coaches, and provides a detailed movement description of the eleven Arctic Sports."

- **ASPEN: Policy Recommendation Summary**
  "The Action in Schools or Physical Education and Nutrition (ASPEN) project was formed to make recommendations to influence the creation and implementation of policies that facilitate healthy eating and active living within Alberta's junior high schools."

- **The Bodywise Woman**
  A reference guide to women's health with a specific focus on physical activity and the benefits of exercise for females of all ages.

- **Bright Futures in Practice: Physical Activity**
  "Bright Futures is a vision, a philosophy, a set of expert guidelines and a practical developmental approach to providing health supervision for children of all ages from birth through adolescence."

- **Dene Games: A Culture and Resource Manual**
  "The manual deals with two related areas. (1) It describes an approach to games instruction that includes Dene traditional values and traditional knowledge. (2) It outlines competencies from the field of sport instruction and coaching that the Dene games instructor can use for the development of his own program. He can combine the knowledge and competencies from both areas. He can develop the competencies of today's sport coach and instructor, while basing his program on traditional Dene values and knowledge." This includes a coil bound document, a CD-ROM and a video.

- **Don't Get Mad, Get Funny!: A Light-Hearted Approach to Stress Management**
  A guide to the benefits of laughter and how to use humour to cope with the stresses of daily life.

- **The Exercise-Health Connection**
  Within a question and answer format, the author provides information on the benefits of physical activity and what exercise can and cannot do to prevent, reduce or control health conditions such as heart disease, diabetes, high blood pressure, arthritis, osteoporosis, asthma, obesity and low-back pain. Physical activity concerns for special populations; e.g., youth, women, older adults, are also discussed.

- **Food Guide Facts: Background for Educators and Communicators**
  A number of fact sheets dealing with the food guide and the various components to healthy eating. Includes information from the Canadian Community Health Survey.

- **Girls, Physical Activity and Self-Esteem**
  A compilation of research and popular magazine articles on children and physical activity.

- **Healthy Youth Development: Highlights from the 2003 Adolescent Health Survey III**
  "Provincial results from the 2003 Adolescent Health Survey are available in a new report, *Healthy Youth Development: Highlights from the 2003 Adolescent Health Survey III.* The report highlights the results from the latest AHS as well as drawings on findings from AHSI (1992) and AHS II (1998) to create a profile of the health of BC youth over the past decade."

- **Kids and Physical Activity**
  A compilation of research and popular magazine articles on children and physical activity.

- **Lighten Up: Survival Skills for People Under Pressure**
  A guide to developing skills that will enable you to thrive in times of change, remain creative under pressure, work more effectively, play more enthusiastically, and stay healthier in the process.

- **Move Your Bones—Youth Program: Organizer's Manual for Community Programs**
  An organizer's manual to help develop a fund and successful event in your community. The Move Your Bones program is aimed at motivating adolescents (ages 8–11) to build healthy bones through an active and healthy living approach. The program focuses on physical activity and nutrition.

- **Moving and Growing: Exercises and Activities for the First Two Years**
  "An adult resource booklet to help promote safe exercises and play activities. Designed to provide parents, daycare workers and others caring for children in their first two years with information and activities to enhance their motor development."

- **Moving and Growing: Exercises and Activities for Twos, Threes and Fours**
  "Designed primarily to provide parents or any other person involved in caring for a child of two to four with information about activities to enhance physical fitness and motor skill development."

- **Moving and Growing: Exercises and Activities for Fives and Sixes**
  "The purpose of this book is to offer to parents and other family members, child care workers and educators, a guide to the growth and development of five- and six-year-olds, and to suggest types of activities that can contribute to your child's physical fitness and skill development."

- **Moving and Growing: Physical Activities for the First Two Years**
  This booklet will give you lots of ideas on how to be physically active with your baby. This new edition includes information on new research on child development, new awareness of the various factors that create healthy lifestyle habits; and new understanding of the link between physical activity, disease prevention and long-term wellness.

- **Moving and Growing: Physical Activities for Twos, Threes and Fours**
  This booklet will give you lots of ideas on how to be physically active with your child. This new edition includes information on new research on child development, new awareness of the various factors that create healthy lifestyle habits; and new understanding of the link between physical activity, disease prevention and long-term wellness.

- **Moving and Growing: Physical Activities for Fives and Sixes**
  This booklet will give you lots of ideas on how to be physically active with your child. This new edition includes information on new research on child development, new awareness of the various factors that create healthy lifestyle habits; and new understanding of the link between physical activity, disease prevention and long-term wellness.

- **National Nutrition Month Campaign 2004: Eating, Physical Activity and Body Weight Trends in Canadian Children and Youth**
  "This background document has been written primarily for dieticians, other health professional and educators and community leaders in preparation for the launch of the National Nutrition Month Campaign in March 2004. It provides an overview of the campaign goals and strategies, but the main focus is a summary of the relevant literature on eating, physical activity and obesity patterns in Canadian children and youth."

- **Nutritional P.I.: Primary Ideas for Active Learning**
  This is a teacher's guide for Grades K–3. This program is designed to promote the development of sensible eating behaviour in students at the primary level. It is divided into four sections: identification, classification, function and selection. "When children can identify foods by names and through the senses, they learn how foods are classified ... They can then understand why healthy food choices are important. At that point they will learn how to make healthy food selections."

- **Pediatric Overweight: A Review of the Literature**
  "This report on childhood overweight seeks to review the literature on the prevalence of overweight, risk and protective factors for overweight in children, interventions that have been shown to be effective in children in schools and community-based settings (as opposed to individual clinical treatment of established overweight), and barriers that challenge successful intervention implementation."

- **Pedometer Power: 67 Lessons for K–12**
  This book "shows you how to use pedometers to teach, promote and assess physical activity."

- **Physical Activity Evaluation Handbook**
  "These guidelines are intended to be used in the promotion of physical activity with the intent of improving current health, fitness and wellness of preadolescent children (ages 6–12) as well as in promoting lifelong physical activity. These guidelines can be used for designing activity programs for children but they are not intended as comprehensive guidelines for physical education, youth sports or an other specific programs."

- **Physical Activity for Children: A Statement of Guidelines for Children Ages 5–12**
  "The recommendations in this document provide guidance to parents, caregivers and teachers of infants and young children about the physical activity capabilities and needs of infants, toddlers and preschoolers."

- **The Physical Inactivity Epidemic: the Preventative Role of Active School Communities**
  Prepared for the delegates of the National Roundtable on Active School Communities.

- **Physical Inactivity is Hazardous to Your Health!: A Response to Physical Activity and Health, A Report of the Surgeon General**
  A Canadian perspective on the U.S. Surgeon General's report highlights significant findings related to youth, and where possible, provides equivalent Canadian statistics.

- **Promoting Healthy Eating and Active Living in Children: Developing a Needs Assessment Process and Tool**
  This report contains a summary of the development and pilot testing of a needs assessment process and tool conducted earlier. A summary of the preliminary project finding from the pilot discussion groups is also included.

- **Recreation Programs That Work for At-Risk Youth: The Challenge of Shaping the Future**
  A compilation of 38 case studies of programs in the U.S. and Canada that evolved in response to local community circumstances—the most common being demographic changes, the emergence of negative youth behaviours in smaller communities, an increase in highly visible violence, and an increase in the number of latchkey children. The case studies are grouped into the following types: programs that mobilized and organized multiple community resources, programs developed for specific time periods and settings, and programs that were innovative in their design and implementation.

- **Stress: Living and Working in a Changing World**
  A comprehensive text that combines evidence-based research with a discussion of current stress, health and wellness issues. Readers are challenged with real-life problems and solutions.

- **The Walking Wellness Teacher's Guide: A Resource Book for Elementary and Middle School Teachers**
  A curriculum program for grades 4–8 that focuses on different aspects of fitness walking, cardiovascular conditioning, nutrition and weight control, walking techniques and posture, stress management, tobacco-free living, and lifestyle planning. The emphasis is on experiential learning, self-improvement, and non-competitive walking exercises that all students can do, regardless of their athletic abilities. Includes a **Walking Wellness Student Workbook,** an accompanying guidebook for students.

- **Wellness Activities for Youth: Volume 1 and Volume 2**
  Activities in these books are intended for middle elementary grades through senior high school and focus on growth in all major areas of wellness—physical, mental, emotional, values clarification, responsibility, self-esteem, relationship building, substance misuse and abuse, communication skills, and peer pressure. Outlined in an easy-to-use format, the activities have been tested with young people and have been found to be successful in creating a positive, caring and supportive environment for youth to learn about themselves and others.

- **Wellness for Children: Programming Guide**
  A curriculum guide for K–9 that includes numerous activities adaptable for teaching youth about the physical, emotional, spiritual and mental aspects of health and well-being.

Alberta Cerebral Palsy Sports Association
ACPSA has adapted physical education programs for persons with cerebral palsy and has available an ACPSA video and information on Boccia, soccer, preschool (up to 8 years) and fitness in general for people with cerebral palsy. ACPSA will support teachers in ways to include children and youth with a disability into physical education class.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–2904 Fax: 780–422–2663
Email: acpsa@telusplanet.net
Web Site: www.icrossroads.com/~kthomas/acpsa.htm

- **Community Sports**
  Focus on motor/sport skill development with a holistic approach for children and youth with a physical disability. Programs include: SportAbility Kids (3–8 years); Run, Wheel, Throw (9–12 years); "Little Nemos" —Learn to Swim (4–12 years); Youth Activation—a fitness and sport program (12–18 years).

- **Developing/Competitive Sports**
  Specific sport development using the Athlete Development Model that was based on the principles of Dr. Istivan Balyi. The four competitive sports offered by ACPSA are: Track and Field, Swimming, Cycling and Boccia.

Alberta Cheerleading Association
Coaches' Manual and Rule Book, Coaches' Certification Manual and a Video Library.
Contact: Executive Director
Address: 5922-162B Ave Edmonton T5Y 2V8
Telephone: 780–960–3773 Toll free: 1–866–960–3773
Email: info@albertacheerleading.ca
Web Site: www.albertacheerleading.ca

Alberta Coalition for Healthy School Communities (ACHSC)
ACHSC is a network of people and organizations committed to a comprehensive approach to school health.
Address: 8969 – 94 Ave, Fort Saskatchewan, AB, T8L 1B3
Telephone: 780–413–7910 Fax: 780–461–2504
Email: Shelley@schoolscomealive.com
Web Site: www.achsc.org

Alberta Colleges Athletic Conference
ACAC has lists of colleges with programs offered, scheduling information, college profiles, scores and profiles of individual athletes.
Contact: Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8068 Fax: 780–427–9289
Email: office@acac.ab.ca
Web Site: www.acac.ab.ca

Alberta Curling Federation
Contact: Provincial Technical Coordinator
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8095 Fax: 780–427–8103
Web Site: www.albertacurling.ab.ca

Resources available:
Getting Started in Curling for Teens, a video and manual geared for junior high and senior high school students.

Alberta Dance Alliance
Many services are available to those who become members.
Address: 2nd Floor, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Contact: Director of Membership and Marketing
Telephone: 780–422–8107 Toll free: 1–888–422–8107
Email: dance@oanet.com
Web Site: www.abdancealliance.ab.ca

Alberta Fencing Association
AFA has coaching manuals, rules and regulations, and a parents' guide to fencing.
Contact: Program Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–9474 Fax: 780–422–2663
Email: abfence@telus.net
Web Site: www.fencing.ab.ca

Alberta Freestyle Skiing Association
Library of material available upon request. List of library materials will soon be available on new Web site.
Address: 88 Canada Olympic Road S.W., Calgary, Alberta, T3B 5R5
Telephone: 403–297–2718 Toll free in AB (Gov't Rite Line): 310–0000–403–297–2718
Email: afsa@telus.net
Web Site: www.abfreestyle.com

Alberta Gymnastics Federation
Address: 207, 5800 – 2nd Street SW, Calgary, AB T2H OH2
Telephone: 403–259–5500 (Calgary) Toll Free: 1–800–665–1010
Email: info@abgum.ab.ca
Web Site: www.abgym.ab.ca

Resources available:
Alberta Gymnastics Federation has a number of resources available to members. We have books, videos, clothing and more that are related to gymnastics, trampoline and tumbling.

Alberta Lacrosse Association
Address: 3rd Floor Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–0030 Toll free: 1–866–696–7694
Email: info@albertalacrosse.com
Web Site: www.albertalacrosse.com

Resources available:
DVD, Player Handbooks. Coaching Manuals, posters, brochures; inservice box lacrosse, field lacrosse; conferences intercrosse.

Alberta Lung Association
Contact: Projects Coordinator
Address: Alberta Lung Association, Box 4500, Station South, Edmonton, AB T6E 6K2
Telephone: 780–488–7195 or Toll free: 1–888–566–LUNG (5864)
Email: info@ab.lung.ca
Web Site: www.ab.lung.ca/

- **Building Leadership for Action in Schools (BLAST)**
  A program that encourages peer-to-peer education in an effort to reduce tobacco consumption in schools.

- **Lungs are for Life**
  Rated as one of the top three smoking prevention programs in Canada—educational modules for Kindergarten to Grade 3, grades 4–6, grades 7 and 8 and grades 9–12. Includes lesson plans, visual aids, hands-on activities and follow-up ideas for students. This program is available online—see the Web site.

- **Lungs in Action**
  A program about lung health that combines curriculum and fund-raising—half of the proceeds go to the Lung Association and half go to the school.

Alberta Milk Producers (formerly Dairy Nutrition Council of Alberta)
The Alberta Milk Producers provide teachers with a variety of materials to encourage students to make healthy lifestyle choices.
Contact: Alberta Milk Producers
Address: 14904 – 121A Avenue, Edmonton, AB T5V 1A3
Telephone: 780–453–5942 Toll free: 1–800–252–7530 Fax: 780–455–2196
Web Site: www.albertamilk.com
The Dairy Farmers of Ontario Web site at <http://www.milk.org> has an education component for teachers, along with useful nutrition information.

- **Nutrition Education Resources**
  Alberta Milk has a variety of nutrition education resources that make lesson planning easy. Resources include visually appealing, hands on materials, such as posters, food picture cards and the food guide slide. Download the resource brochure at www.albertamilk.com or call 1–800–252–7530.

- **Nutrition and Active Living Programs and Workshops**
  Alberta Milk registered nutritionists provide interactive workshops for teachers to help bring healthy eating and active living to life in the classroom. Programs available for Kindergarten to Grade 3 and Grade 4 to 6 teachers complete with teaching materials and lesson plans that link to the Health and Life Skills curriculum and the K–12 Physical Education program. To book a workshop call 1–800–252–7530.

  Kindergarten to Grade 3 teachers can complete the workshop online at their own convenience and receive the teaching materials by mail. It's easy and can be completed anytime. Go to www.albertamilk.com/nutritionworkshop

- **School Milk Program**
  Club MOO is an incentive based program that encourages children to develop the lifelong habit of drinking milk. It's a great program to encourage nutrition at school. Club MOO schools can register for MOOlympics in the winter, which combines physical activity and nutrition in a fun format. For more information go to www.albertamilk.com

Alberta Orienteering Association
Orienteering is similar to the treasure hunt games children love to play. This sport may be played in the classroom, playground or nearest park. Maps are drawn to show features of the area. Events challenge one's map reading ability. Teacher support materials and teacher inservices are available.
Address: 2nd floor, 818 - 16th AV. NW, Calgary, AB T2M 0K1
Telephone: 403–297–2724 Fax: 403–297–2702
Email: orienteering@shaw.ca
Web Site: www.orienteeringalberta.ca

Alberta Rowing Association
To downloadable resources pertaining to this association please see Web site below.
Address: H.O. Rowing Canada Aviron, 201 – 1234 Esquimalt Rd, Victoria, BC, V9A 3N8
Telephone: 250–361–4222 Toll Free Number: 1–877–722–4769
Email: Rca@rowingcanada.org
Web Site: www.rowingcanada.org

Alberta Rugby Union
A non-contact rugby package introduces children to a developmentally appropriate activity that promotes sharing and fair play and encourages participation of all children. Practical introductory clinics are available.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1773 Fax: 780–422–5558

- **Tag Rugby Program – non-contact teaching resource.**
    - **Beginning and Curricular Rugby (for PE classes):** teachers manual, coaching manual, videotape
- **Pick Me Up and Run Package: Introduction of Contact: coaching manual, videotape**
- **CanCoach Package: A complete interactive coaching resource package with coaching tools and drills. Visit www.cancoach.com for more information.**
- **Digi Rugby: CD-ROM package, providing coaching resource skills and drills**
- **Honan Package: coaching manual, drill sheet, video**

Alberta Schools' Athletic Association
The ASAA is the governing body for interschool sport in Alberta and has a handbook of bylaws and policies. The Policy Handbook can be downloaded from the ASAA Web site.
Contact: Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8182 Fax: 415–1833
Email: info@asaa.ca
Web Site: www.asaa.ab.ca

Alberta Snowmobile Association
Has an education program and Safety Team.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Contact: Executive Director
Telephone: 780–427–2695 Fax: 780–415–1779
Email: asa@altasnowmobile.ab.ca
Web Site: www.altasnowmobile.ab.ca

Alberta Sport and Recreation Association for the Blind
Address: Unit 007, 15 Colonel Baker Place N.E., Calgary, T2E 4Z3
Telephone: 403–262–5332 Fax: 403–265–7221
Email: asrab@telusplanet.net
Web Site: www.asrab.ab.ca

Alberta Sport, Recreation, Parks and Wildlife Foundation
Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF) provides a variety of programs to enhance activity, improve lifestyles, foster enjoyment of the outdoors and protect nature. As a non-profit Crown Corporation, the ASRPWF provides financial assistance to Alberta's recognized provincial sport, recreation associations. It also has many partners including Alberta Community Development, provincial sport, recreation and active living organizations as well as local communities, businesses and volunteers.
Address: 9th Floor, Standard Life Centre, 10405 Jasper Avenue, Edmonton, Alberta T5J 4R7
Telephone: 780–415–0263 Fax: 780–415–0308
Email: condev.communications@gov.ab.ca
Web Site: www.cd.gov.ab.ca

Alberta Team Handball Federation
ATHF carries many resources for all ages—mini-handball for grades 4–6, junior high, senior high—and also offers NCCP technical coaching sessions for future or current coaches. They have an extensive list of items available to support the teaching of team handball, including videos with technical information, introductory booklets and manuals, rule-oriented publications, and booklets including many drills for new players.
Contact: Program Coordinator
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–2666 Fax: 422–2663
Email: athf@compusmart.ab.ca
Web Site: www.teamhandball.ab.ca

Alberta Trailnet
Alberta Trailnet has manuals available regarding trail building and trail development, and has extensive information on the Trans-Canada trail and multi-use recreational trails.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–7150 Toll free: 1–877–987–2457 Fax: 780–422–2663
Web Site: www.albertatrailnet.com

Alberta Volleyball Association
Has coaching manuals, instructional manuals and coaching clinics specific to teachers, as well as clinicians available upon request for school visitations.
Contact: Office Manager
Address: Alberta Volleyball, AVA North Office, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1703 Fax: 780–415–1700
Email: info@albertavolleyball.com
Web Site: www.albertavolleyball.com

Alberta Water Polo Association
AWPA has resources regarding officiating and coaching in Calgary and Edmonton.
Contact: Executive Director
Address: 2225 Macleod Trail South, Box 54, Calgary, AB, T2G 5B6
Telephone: Toll free 403–289–4H20 (4426) Fax: 403–537–6792
Email: office@albertawaterpolo.ca
Web Site: www.albertawaterpolo.ca

Alberta Wellnet Communications (now part of Alberta Health and Wellness)
Vision: Health care providers can deliver the best care possible because they have access to the information they need to create and manage appropriate care plans for the patient.
Mission: Develop a consistent, secure, and sustainable technology environment that enables health care stakeholders to easily access the information they need to provide better patient care.
Address: 2810, Canadian Western Bank Place, 10303 Jasper Avenue, Edmonton, AB, T5J 5C3
Telephone: 780–427–5073 (ask for Alberta Wellnet Communications) Fax: 780–415–2289 (ask for Alberta Wellnet Communications)
Email: feedback@gov.ab.ca
Web Site: www.albertawellnet.org

Alberta Whitewater Association
AWA provides a subsidized kayaking outreach program; it subsidizes the clinic and assists in coordinating resources by arranging for equipment and instructors.
Contact: AWA Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6717 Fax: 780–422–2663
Email: kayakawa@telusplanet.net
Web Site: www.albertawhitewater.ca

Athletics Alberta
Athletics Alberta's mandate is to develop and promote participation and excellence in athletics. We fulfill our mandate through offering programs designed to develop athletes, coaches and officials of all ages at all levels.
Combined Events: designed to offer a positive athletic experience by exposing young athletes to run, jump and throw activities.
Legion Program: offers 14- to 16-year-olds the opportunity to compete in a national event.
Sport Outreach Clinic Program: offered to rural communities throughout Alberta and featuring basic coaching knowledge as well as guidance and information on how to start up and maintain track and field programs in the communities.
Track and Field School: a 10-week program designed to offer the novice athlete an introduction to track and field in a team-oriented environment.
Contact: Athletics Canada
Address: 300-2197 Riverside Drive, Ontario, K1H 7X3
Telephone: 613–260–5580 Athletics Canada Fax: 613–260–0341
Email: athcam@athletics.ca
Web Site: www.athleticscanada.com
Contact: Athletics Alberta
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8792 Fax: 780–427–8899
Email: athletics@athleticsalberta.com
Web Site: www.athleticsalberta.com

- **Hershey Youth Track & Field Program**
  Designed to introduce children 9–14 years to physical fitness through basic track and field events (50m, 100m, 200m, 800m, 1600m, 4x100m Relay, Soft Ball throw, Standing Long Jump). Participants have the opportunity to compete in a North American Final in Hershey, Pennsylvania. No prior track and field experience is required to participate.

Baseball Alberta

Baseball Alberta has a series of lesson plans and specialized equipment for a game called Winterball, which is a modification of baseball, designed to be played in the gymnasium, with a soft bat and ball.
Contact: Technical Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8943 Fax: 780–427–9032
Email: admin@baseballalberta.com
Web Site: www.baseballalberta.com

Basketball Alberta

Basketball Alberta has NCCP certification available as well as a coach's book, suitable for novice and experienced basketball coaches. Basketball Alberta also has a resource library available for members.
Telephone: 780–427–9044 Fax: 780–422–2663
Email: bballab@basketballalberta.ab.ca
Web Site: www.basketballalberta.ab.ca

Be Fit for Life

Be Fit for Life is a resource centre and network that provides services, educational workshops and materials that encourage self-responsibility in Albertans to adopt active, healthy lifestyles. Presentations, books, programs, consultations and access to a library of books, videos and professional journals are available to teachers through the Be Fit for Life centres across Alberta. The network is made up of nine regional resource centres partnered with community colleges/universities throughout Alberta. Programs, resources and workshops vary from centre to centre. A requirement of each centre is that they all have leaders who are nationally accredited for Fitness Appraisal. Leaders are available for fitness appraisals of classes, and all run leadership AFLCA accreditation courses.

Be Fit for Life – Regional Resource Centres:

Grande Prairie Regional College Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–539–2816 Fax: 780–539–2811

Keyano College Lifestyle Services Be Fit for Life Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–791–8916 Fax: 780–715–3929

Lakeland College Recreation Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–853–8474 Fax: 780–853–8711

Lethbridge Community College Be Fit for Life Centre
Contact: Be Fit for Life Coordinator
Telephone: 403–382–6919 Fax: 403–317–3557

Medicine Hat College Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 403–529–3839 Fax: 403–504–3511

Portage College Be Fit for Life Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–623–5542 Fax: 780–623–5675

Red Deer College Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 403–342–3140 Fax: 403–343–8840

University of Alberta Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–492–0758 Fax: 780–455–2264

University of Calgary Campus Recreation
Contact: Be Fit for Life Coordinator
Telephone: 403–220–8011 Fax: 403–284–5867

Web site for all with links to each centre's page is www.benefitforlife.ca. Many of the Be Fit for Life Centres offer the following services:

- **Active Aliens**
  An interactive program demonstrating the value and benefits of active living in a fun format for Kindergarten to Grade 6. Be Fit for Life also has follow-up activities to help participants maintain an active lifestyle. The program can be run by the hour or in half-day or full-day workshop format.

- **Active Living**
  Benefits of active living, strategies for getting active and research are presented.

- **Body Image**
  In-school presentations: A one-hour presentation on issues relating to body image, such as obesity, eating disorders, healthy nutrition and sports nutrition.

- **Custom Presentations**
  Tell us your topic and let us customize your presentation based on your physical activity and health needs!

- **Fitness Appraisals for Schools and Classes**
  Includes cardiovascular function, body composition, flexibility, strength and endurance.

- **Health and Wellness Fairs in Schools**
  Emphasizing active living, these events, often held in conjunction with regional health presentations, focus on various aspects of healthy lifestyles; e.g., flexibility, heart health.

- **Kids Come Alive**
  A program conducted in the school to introduce children, teachers and parents to the joys and excitement of being physically active through a hands-on approach, emphasizing cooperative games and movement to music. This program is available to schools in the vicinity of the Lakeland College Recreation Centre.
  Contact: Be Fit for Life Coordinator, Lakeland College Recreation Centre
  Telephone: 780–853–8474 Fax: 780–853–8711
  Web Site: www.lakelandc.ab.ca

- **Lessons From the Heart**
  An interactive program designed for junior high and senior high school students focusing on cardiovascular function and featuring the use of Polar heart rate monitors and other hands-on equipment. There is a training module and a rental option for the heart rate monitor equipment. The program can be run by the hour or in half-day or full-day workshop format.

- **Stress and Time Management**
  A one-hour presentation.

Biathlon Alberta

Brochures on what is biathlon, how to get involved, coaching manuals, history of biathlon in Alberta. In school services can be arranged; will visit schools and give introduction to biathlon.

Address: 2nd Floor, 818 – 16th Ave N.W., Calgary, AB, T2M 0K1
Telephone: 403–297–2719 Fax: 403–297–2702
Email: info@biathlon.ca
Web Site: www.biathlon.ca

Bicycle Education Society of Edmonton

All resources pertaining to this association are now available at Edmonton Bicycle Commuters Society address below.

Physical Address: 10047 – 80th Ave (Alley Entrance)
Mailing Address: P.O Box 1819 Main Post Office, Edmonton, AB T5J 2P2
Telephone: 780–433–2453
Web Site: www.edmontonbicyclecommuters.ca

Bowling Federation of Alberta

Information pertaining to this association can be obtained by contacting Canadian 5 Pin Bowlers' Association address below.

Address: 521 – 11 Street North, Lethbridge, AB, T1H 2E4
Telephone: 403–320–2695 Fax: 403–320–2676
Email: a5pba@telusplanet.net

Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)

CAAWS has a comprehensive selection of books, pamphlets and videos about women in sport, self-esteem and increasing participation in physical activity. This is an organization with resources to increase opportunity and awareness of women and sport; CAAWS has many resources on gender equity, encouraging girls and women in physical activity and sport, and on some of the challenges faced by women in sport.

Address: N202, 801 King Edward Avenue, Ottawa, ON K1N 6N5
Telephone: 613–562–5667 Fax: 613–562–5668
Email: caaws@caaws.ca
Web Site: www.caaws.ca

- **Adolescent Women, Tobacco and Physical Activity**
  Suggests how taking up physical activity is a better option for adolescent women than taking up smoking.
- **Disordered Eating in Sports: Taking a New Direction**
  Tips for teachers, parents, coaches, sport organizations and fitness leaders. Free download, pdf.
- **How Parents can Encourage Girls to Play Sport**
  A fact-sheet filled with practical suggestions.
- **Making an Informed Decision About Girls' Participation on Boys' Teams**
  Should girls play on boys' teams? This helpful tool offers options, sources and resources.
- **Media Guide for Athletes and Their Coaches**
  Provides practical tips and checklists for coaches and athletes.
- **On the Move: Increasing Participation of Girls and Women in Physical Activity and Sport**
  A step-by-step guide to developing "On the Move." This program encourages inactive girls to participate in fun-filled, supportive recreational activities.
- **Self-Esteem, Sport and Physical Activity**
  A common sense guide to enhancing self-esteem in children and adolescent women.
- **Towards Gender Equity for Women in Sport – A Handbook for Sport Organizations**
  Highlights practical ways to set and achieve gender equity goals.

Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)

CAHPERD is a national, charitable volunteer organization of professionals in the field of health, physical education and related disciplines. CAHPERD supports these professionals to become informed, committed, reflective and proactive in the promotion of physically active and healthy lives. There is an extensive catalogue of resources available through CAHPERD.

CIRA National

CIRA's mission is to encourage, promote and develop active living, healthy lifestyles and personal growth through intramural and recreational programs within the educational community. CIRA supports and delivers national initiatives such as the Student Leadership Development Program, Health in Perspective, Playground Leadership Program, School Information Link, Moving to Inclusion and National Student Leadership Award.

CAHPERD merged with this branch and now provides these resources.

Address: 403, 2197 Riverside Drive, Ottawa, Ontario K1H 7X3
Telephone: 613–523–1348 Toll free: 1–800–663–8708 Fax: 613–523–1206
E-mail: info@cahperd.ca Web Site: www.cahperd.ca

- **50 Great Ice Breakers**
  Based on experience, memories and education, these icebreakers were developed to provide a range of fun and ready-to-use activities for use by teachers, camp staff, recreationalists, trainers and facilitators.
- **101 Games to Play in a New Way**
  This resource provides an array of new ideas for playing traditional games. Presented in an easy to follow format, the games are categorized by level of activity and number of players (two to infinity), and are sure to inspire the young and the young at heart.
- **101 Ways to Develop Students Self-esteem and Responsibility**
  Divided into three parts: The Self as the Starting Point, Empowering Students, and The True Purpose of Education, this book contains 101 dynamic activities to help students improve their self-esteem and accept responsibility for their lives.
- **500 Five-minute Games**
  This book is jam-packed with games, songs and quick and easy learning ideas that are designed to capture the energetic enthusiasm of children aged three to six.
- **Active Kids: Anytime, Anyplace**
  Describes activities for 5- to 14-year-olds that develop fitness and skills. Kit includes video, teachers' guide and music.
- **Active Playgrounds (formerly Awesome Asphalt Activities)**
  All too often schools and community centres do not make use of their asphalt play areas, playgrounds and sidewalks. With a little imagination and some paint, those bare surfaces can be transformed into lively and exciting play areas. This great resource featuring over 100 playground games, 6 chapters dedicated to games of: Four Square, Skipping, Hopscotch, Clapping, Wall and Ball Games, and other Old Favourites.

- **Adventure Curriculum for Physical Education (Middle School)**
  Similar to the layout of the High School program resource for Adventure Curriculum, the Middle School resource focuses its attention on Grade 6–9.

- **Adventure Curriculum for Physical Education (High School)**
  This new resource from Project Adventure focuses on the high school curriculum in relationship to physical and adventure education. Its primary thrust is directed toward "adventure" as a way in which an activity is performed.

- **Another Games Book: Special Event & Theme Week Programming**
  This resource features 18 theme-based chapters ranging from Medieval Mayfest, Inuit Games, Splish Splash Water Bash, Dinosaur Discovery to the Great Planet Earth.

- **Another Games Book: Special Event and Theme Week Programming for a Safe School**
  This resource provides special event and theme week programming for a safe school or program. It emphasizes students' and staff involvement and describes activities to help staff develop spirit by creating an atmosphere of ownership in the school and its programs.

- **Assessing Sport Skills**
  A guide to tests in team sports and activities such as basketball, dance, football, golf and soccer.

- **Be Active, Feel Good**
  Ideal for anyone in a leadership position working with people—educators, camp instructors, recreation directors parents and even office managers who need to keep motivation and productivity high.

- **Bruce Algra Substance Abuse Posters**
  These factual posters provide information in a non-pressured, non-threatening way on the physical and psychological effects of using alcohol and smoking cigarettes. The highly visual presentation appeals to students of all ages, particularly those in upper elementary through college.

- **CANADA GAMES Day**
  Imagine the Canada Games…just for kids! Teams representing the provinces and territories compete in special activities based on real Canada Games events—but with a twist.

- **Canadian Active Living Challenge (CALC)**
A physical activity resource designed to help teachers and community leaders wishing to encourage and enable children and youth to become more physically active. Divided into four programs, participants track their level of physical activity, their participation in a learning experience and their success at getting others involved. This resource is suitable for 15- to 18-year-olds.

- **Celtic Feet: Irish Dancing Step By Step With Colin Dunne, Star of Riverdance**
Learn to dance video (55 minutes).

- **The Changing Program FREE**
This program by Proctor & Gamble addresses growth, development, personal appearance habits and self-esteem during puberty for girls and boys in grades 5 and 6 by providing resources and teaching strategies to help students understand their changing bodies, the stages of puberty and the role of personal appearance in a positive self-image.

- **Character Education: 43 Fitness Activities for Community Building**
Build community through games and activities. You'll find more than 40 carefully crafted and field-tested activities designed to help small groups of students develop social and psychological skills with their peers in the physical activity setting.

- **Chase a Rainbow (CD)**
Chase a Rainbow is intended to enhance the daily curriculum for music specialists, classroom teachers and child care workers as well as provide a fun teaching tool for parents.

- **CIRA Intramural Series**
These comprehensive books offer details on setting up a program, activity ideas, scheduling and ways to make your intramural program run smoothly and efficiently. Resources are available for each division of grades.

- **The Clipboards (FREE to members)**
An informative and educational newsletter packed with information and ideas for cooperative games, drills, healthy living, safety suggestions and tips. Each issue revolves around a theme; e.g., net games, "close to the floor" games, and includes informative tips, concise descriptions of activities with graphics, and related Web sites.

- **Coaching Cross Country Successfully**
A book on teaching athletes to apply discipline, dedication and teamwork to train and motivate.

- **Co-ed Recreational Games**
  Great games that program mental and physical fitness. Co-ed Recreational Games can help you turn your class into the most fun part of the day by creating an environment where kids can forget about the tensions of school for awhile.

- **The Complete Juggler and Step-By-Step Videotape**
  The complete book and video of juggling.

- **Creative Dance**
  This manual has been written to aid both the physical education specialist and the generalist classroom teacher in teaching creative dance.

- **Creative Ideas for Teamwork—Using Old Ties**
  Creative Ideas for Teamwork—Using Old Ties is a seven step, easy-to-follow and implement training exercise booklet designed to develop teamwork for large or small groups.

- **Creative Physical Activities and Equipment**
  A book that describes how to make equipment with inexpensive, readily-available material—even trash! It also describes unique games and ways to use traditional equipment, like Frisbees and jump-ropes, in a variety of traditional ways.

- **Creative Play Activities for Children with Disabilities**
  250 games and activities designed to help infants to 8-year-olds with all types of disabilities grow through play. Many activities come with special adaptations for students with a disability.

- **Dances Even I Would Do!**
  If you want to incorporate dance as part of your school's physical activity programs but don't know where to start, this resource is sure to help! Dances Even I Would Do! contains more than 50 dances divided into Folk Dances, Mixers, Novelty Dances, Singing Games, and dances for a variety of Special Occasions.

- **Dance Teaching Methods and Curriculum Design**
  Everything instructors need to know to teach dance effectively. To be successful, dance educators must practice a variety of skills that go far beyond dancing.

- **Danse Creative Dance**
  This book and audiocassette kit includes 17 musical examples sequenced in progressive levels.

- **Destination QDPE: An Information Kit**
  Provides information on the current state of physical education and physical activity/inactivity in Canada, as well as ideas about strategy, target groups and approaching the media. It is complete with sample letters and media releases.

- **Diversity in Action**
  A sequence of Adventure games and activities specifically tuned to youth groups working on issues of diversity, this book shows how to create a comfortable and safe environment, where ideas and feelings are listened to and treated with respect.

- **Dynamite Dodge Ball Games!**
  This book was developed to provide a range of Dodge ball games that will ensure that no one gets hurt, everybody plays, there are no eliminations, and everyone gets equal turns. This book is suitable and fun for all age groups.

- **Energize!**
  More than 170 easy, interactive and cooperative energizers and activities for all ages are included in this resource that will help to light up a group and bring people together.

- **Environmental and Outdoor Education Series**
  These resources develop awareness of ecological concepts and provide opportunities for putting awareness, knowledge and attitudes into action. This series is most effective when incorporated into existing outdoor education programs. The three-part series is divided into Personal Development, Junior High Program Planning, and Group Development.

- **Feel the Beat**
  Happy Heart and Feel the Beat promote heart health for children ages 6 to 12 and 13 to 18 by educating them about heart healthy living through fund and interactive learning activities.

- **Feeling Great: Teaching Children to Excel at Living**
  This book provides life skills ideas and other activities to help children draw something positive out of each day, cope effectively with stress, perform closer to their potential and approach life with a stronger sense of self-confidence.

- **The Fit Kids Classroom Workout**
  Re-energize your students with these fun, contemporary dance routines! The Fit Kids Classroom Workout can be used in any school space, anytime, any day to invigorate and motivate your students. It gets students excited about being physically active, and can be used as a warm-up to other physical activity.

- **Fitness Fun: 85 Games and Activities for Children**
  A book that describes activities such as garbage-aerobics, broomstick stretch and dog pound to replace traditional fitness activities such as sit-ups, push-ups and running laps.

- **Fitness Running**
  A training companion for runners.

- **Folk Dance in the Elementary School**
  Folk dance offers some unique opportunities to participants: self-expression; physical activity; development of coordination; agility; balance and rhythm; understanding other cultures and nations; developing interest in other types of dance; and enjoyment and social development through interaction.

- **From A to Z By Bike**
  This booklet teaches children to ride bicycles safely and defensively, to wear helmets properly and to develop good judgement for potentially dangerous traffic situations.

- **Games, Games, Games Creating Hundreds of Group Games and Sports**
  Tired of playing the same games over and over in your school-age program? Do the children complain because they are bored or can't pick the games they want to play? If you answered yes to any of these questions, then this book is for you!

- **Gender Equity in Coaching**
  The first section of this book provides an overview of gender equity; the second section provides learning activities that enable coaches to address gender equity issues based on their experiences in sport and society in general.

- **Gender Equity Through Physical Education**
  This resource raises awareness of equity issues in physical education. It provides practical ideas, such as strategies for action.

- **Get Winteractive!/Summeractive!**
  Program, event and activity ideas along with a list of contacts and resources to encourage wintertime and summertime active fun.

- **Getting There Is Half the Fun: An Active Learning Program on Positive Self-Image, Healthy Eating and Active Living for Preteens (Grade 6)**
  This is a "stop, listen and do" program to help emerging adolescents understand how positive self-image, healthy eating and active living affect their health, happiness and energy levels.

- **Girls in Action …**
  "Girls in Action …" is a resource package that includes a video, leader's guide and poster. It provides tools to help teachers and students discuss the issues that impede senior high school girls from choosing physical education when it becomes elective.

- **Girls in Action … Peer Facilitator's Guide**
  This guide is a spin off to the "Girls in Action …" resource package and assists teenagers to engage younger students in the topic of gender equity in physical education. This "teen to teen" resource includes a series of activities that highlight gender equity issues with peers. It is an excellent leadership resource that enables students to interact with peers and younger students to motivate female participation in physical activity.

- **Go for Green Games Kit**
  The kit is divided into various environmental themes, with each section containing background information on an issue followed by warm-up activities and games.

- **Great Games for Young People**
  Written by physical education and coaching experts; 69 field-tested games.

- **The Great Book of Inspiring Quotations**
  This book will inspire, motivate, and encourage readers with its series of quotations that are arranged under 31 motivational and inspirational headings.

- **Great Ideas: Games and Activities for Youth, by Youth**
  This practical resource tool for teachers, youth leaders and recreationalists was developed from a national contest held in all secondary schools across Canada.

- **Gym Riot Action Plan for Grades 1–6, 7–12**
  Perfect for building leadership skills, this version of Gym Riot is designed to assist students with organizing and running their own Gym Riot event.

- **Happy Heart**
  Happy Heart and Feel the Beat promote heart health for children aged 6 to 12 and 13 to 18 by educating them about heart healthy living through fun and interactive learning activities.

- **The Health Fitness Handbook**
  This book includes the best exercises for improving aerobic fitness, flexibility and strength and includes information on setting goals for fitness.

- **Healthy Kidz – Songs, Lessons and Activities (Manual & CD)**
  Healthy Kidz will provide the perfect musical resource to integrate into a balanced "Healthy Active" program.

- **Hiking with Children Booklet**
  For teachers, leaders and parents, this booklet serves as an introduction to planning and preparing for a trip to the hiking trails with children.□

- **HIP – Health in Perspective (2 book set)**
  The HIP Program includes a Facilitator's Guide and a Peer Leader's Guide. This program is a peer-lead active learning program designed to help young females aged 10–15 years develop healthy and active lifestyles.

- **Holiday Games and Activities**
  This book divides the school year into eight seasons. For each holiday season, the book includes physical fitness activities, skills, games, rhythm and dance activities, and illustrated bulletin board ideas.

- **I Love Not Smoking**
  This resource is a story, activity and colouring book all-in-one for children in preschool through Grade 2. The book follows the story of two children's lives, illustrating the benefits they derive from not smoking.

- **I'm Original Video**
  Rock and hip-hop music, combined with a dramatic story line, will engage children 6- to 12-years-old in a fun mini-workout. A guide is included.

- **Inspire! Ice Breakers & Openers (Volume II)**
  Inspire! Ice Breakers & Openers explodes with high-spirited energizers, ice-breakers, and get-to-know-you activities.

- **Inspire! Team Building & Group Development (Volume I)**
  This CD will help you learn to lead 20 fund and engaging team building activities using video, images, explanations and printable instructions.

- **Interactive Volleyball: Vol 1 & 2**
  The Interactive Volleyball CD-ROM provides users with background and introductory information on the basics of volleyball, as well as optimum strategies for preparing practices, lessons, and teaching and coaching volleyball players.

- **Intramural Recreation: A Step-by-step Guide to Creating an Effective Program**
  Intramural leaders interested in starting or improving an intramural program in any school setting will find the most practical and easy-to-use information in this publication.

- **Intramurals in the Elementary, Junior and High School**
  These comprehensive books offer details on setting up an Intramural program and include activity ideas, scheduling suggestions, and strategies that will make your program run smoothly and efficiently. (each sold separately)

- **The Joke's Over: An Interactive Exploration of Student-to-Student Sexual Harassment in Our Schools**
  This informative CD-ROM was designed by students for students. It defines the problem of sexual harassment in schools, clears up misconceptions and provides prevention tips and additional resources.

- **Juggletime**
  This award-winning kit includes music videos and 3 scarves for juggling.

- **JUMP2bFIT Kit & Set of 4 Posters**
  Skipping is a great group activity for reinforcing rhythm, balance, hand/eye coordination and social skills. Jump2bFit is a comprehensive activity, fitness and skipping program designed to support quality, daily physical education in the K–9 classroom.

- **Just Loosen Up and Keep Talking (A Round Table on Youth Sexual Health)**
  Based on information provided by over 200 youths, this resource will increase dialogue in communities and create awareness and environments that are receptive to the needs of youth for sexual health information and services.

- **KiDnastics® – A Child-centered Approach to Teaching Gymnastics**
  Make learning gymnastics as easy as 1, 2, 3! Forget about dragging around heavy gymnastics equipment; put an end to your worries about student safety. This book brings to life an instructional model that will change the way you teach gymnastics.

- **K–3 Games**
  This convenient, easy-to-use resource is ideal for teachers and coaches teaching skills in specific sports.

- **Making the Case for Physical Education in Canada: A Presentation Package for Leaders**
  This package provides leaders with up-to-date statistics and information on physical activity and how it relates to the health of Canadian children and youth. It includes examples of the overwhelming international support for physical activity as a part of healthy living, and the important role school physical education programs play in providing children and youth with the opportunity to develop positive physical activity habits.

- **MASS APPEAL – Activities for Groups of 50 or More**
  This book is filled with over sixty activities aimed at groups of 50 participants to as many as 1000. The activities are divided into five categories: Fun & Fitness, Mix & Mingle, Just a Little Zany, Games Galore, and Just for the Fun of It.

- **MAUVE**
  An interactive CD-ROM designed to assist teens in their search for self-identity and belonging by relating teens' experiences with friendship and love, work and stress, life and death. It is aimed at encouraging independent thinking and helping teens find real solutions to real problems.

- **More Team Building Activities for Every Group**
  As a sequel to the popular book Team Building Activities for Every group, this book contains 107 MORE games and activities that promote team-building in an interactive and fun way.

- **Movability**
  A program for preschoolers that aims to improve gross motor skills by presenting activity plans divided into 3 motor development categories.

- **Moving and Growing Series**
  A series of booklets that outlines exercise activities and play to enhance motor development and physical fitness for children up to age 6.

- **Moving to Inclusion**
  The Moving to Inclusion series consists of nine distinct disability-related resources in comprehensive and abridged versions. Each binder contains comprehensive information on a specific disability and provides modifications to physical education activities in areas such as assessment, equipment and rules, instructional strategies and learning objectives.

- **A Multicultural Approach to Physical Education**
  Invigorate your classes with easy-to-teach games from around the globe. The result of extensive field testing, A Multicultural Approach to Physical Education: Proven Strategies for Middle and High School offer 70 games and activities from 24 cultures.

- **Music for Creative Dance**
  Compact discs that provide musical pieces that are described according to the beat, with suggestions for appropriate skills.

- **Nancy Clark's Sports Nutrition Guidebook**
  Includes 131 high-performance recipes.

- **Nice On My Feelings: Nurturing the Best In Children and Parents**
  Terry Orlick, educator and mental training consultant, provides guidelines for quality parenting and living.

- **Not Just Another Games Book**
  This book includes over twenty chapters on theme week and special event programming for elementary and secondary schools. Topic areas include Welcome Week, Week on Wheels, Fitness Follies and Western Daze.

- **Omnikin Ball Instruction Manual**
  The game, developed in 1985 by Omnikin Inc., is designed to promote cooperation and physical fitness while encouraging respect for others. For information on equipment purchases and a sponsorship program, visit <http://www.omnikin.com>.

- **On the Move!**
  This is a step-by-step guide to creating opportunities for non-active girls and young women to participate and lead in variety activity and sport. It includes a clear discussion of the issues, success stories from across Canada, and practical suggestions for implementing successful programs.

- **Organizing Successful Tournaments**
  If you've ever had to organize a tournament, you know how challenging it can be. Organizing Successful Tournaments makes the process quick and easy by giving you everything you need to stage the best possible sports competition.

- **The Outward Bound Canoeing Handbook**
  Contains information on different types of canoes, equipment choices, explanations of paddle strokes, trip planning advice, and safety and white-water paddling.

- **The Outward Bound Wilderness First-Aid Handbook**
  This comprehensive guide covers the essentials of what to do if you or a companion is injured in the wilderness. It reviews the major first-aid and diagnostic procedures.

- **Physical Activity for Health and Fitness: An Individualized Lifetime Approach**
  This book explores the connection between a lifetime of physical activity and quality of life and between sedentary living and disease.

- **Physical Education Methods for Classroom Teachers**
  A book that shows non-specialists how to develop a realistic and workable approach to teaching physical education.

- **Physical Education 2000**
  The complete document of CAHPERD foundations, guidelines and learning outcomes for physical education for the future. This tool will assist teachers, schools and school boards to review their programs, standards and policies in light of the national stance.

- **Positive Environments: How to Eliminate Harassment and Abuse from Happening in Your School**
  This booklet was developed by CAHPERD to increase awareness of the issue of abuse and harassment in society, particularly in school physical education settings.

- **Quality Daily Physical Education (QDPE)**
  An initiative that promotes a planned program of instruction and activity for all students on a daily basis. Information brochures, a recognition program (RAP), and marketing binders are available. An application form can be downloaded from the CAHPERD Web site.

- **Quality Lesson Plans for Secondary Physical Education**
  This guide contains over 150 ready-to-use lesson plans divided into four sections: physical fitness, major sport, minor sport and single-day lessons.

- **Quick Series Books**
  Four pocket-sized books that contain guidelines to weight and aerobic training.

- **Quiet Riot I and II**
  Quiet Riot II is a collection of 40 ready-to-use activities for any size group and almost any age. It includes ice-breakers, action games, brain-teasers and challenging games.

- **Rubber Chicken**
  Be the first to start a flock of rubber chickens in your school. These 52 cm long, soft, pliable chickens appeal to children of all ages and will create laughter and fun while participating in activities from the Zany Activities with a Rubber Chicken book. (contains latex)

- **Silver Bullets**
  The best selling adventure activity book on the market, Silver Bullets is an effective guide to help bring people together by building cooperation and trust—all within an atmosphere of engaging fun.

- **Snow Fun! Favourite Canadian Winter Activities**
  In Canada, our winter wonderland of snow, ice and cold weather provides an opportunity for a variety of activities. This resource is a collection of fun, winter physical activities that were gathered from teachers and students from across Canada.

- **Sport Nutrition for the Athletes of Canada**
  This book contains fact sheets, activities, recipes and information on carbohydrates, protein and iron fluids.

- **Sport Stretch: 311 Stretches for 41 Sports**
  This resource includes illustrations and step-by-step guidelines for 311 stretches involving 28 muscle groups.

- **Stuntnastics**
  Stuntnastics includes elements of tumbling, dance, pyramid building and choreography and emphasizes cooperation rather than competition. For grades 1 to 9.

- **Swiss Ball – Exercises**
  This book contains more than 150 exercises with pictures and is divided into six categories: warm-up, flexibility, balance, lower limbs, upper body and abs.

- **Teaching FUNdamental Gymnastics Skills**
  Teach gymnastics so that every child can learn and succeed. Teaching FUNdamental Gymnastics Skills is a hands-on guide for grades 6 to 12 that provides a strong foundation in exploratory gymnastics skills as well as formal gymnastics skills and helps bridge the gap between the two approaches.

- **Teaching Responsibility Through Physical Activity**
  This book presents a teaching approach that uses sport and exercise to help young people take more responsibility for themselves and the well-being of others.

- **Team Building Activities for Every Group**
  There are 107 interactive games and activities in this four chapter book that will help every group "Mix It Up," "Stir It Up," "Team Up," and "Open Up."

- **Tobacco Tackle Event Kit**
  Tobacco Tackle is a compendium of activities designed by students to encourage and motivate other students to lead active, tobacco-free lives. Using the Tobacco Tackle theme, students can create a unique, fun event for the school that incorporates physical activity and reduction of tobacco use.

- **Wiggle, Giggle & Shake**
  You can enhance your classroom with 200 movement-inspired activities for children aged four to eight. Wiggle, Giggle & Shake will encourage children to think and solve problems, to recognize and explore their feelings, and to participate physically in their own learning.

- **Youth Soccer Drills**
  Progressive drills for 5- to 12-year-olds.

- **Zany Activities with a Rubber Chicken**
  A coop full of improvisation ideas, this book is guaranteed to capture the interest of children and youth of all ages. it was developed by educators and recreationalists and contains instructions and descriptions of the activities and equipment needed. This book will add fun to your intramural/recreation program, club, youth group or staff meeting.

- **Zany Activities with Panty Hose, Boxer Shorts and Leotards**
  Welcome to the land of the Bizarre! This second in the series book contains a drawer full of improvisation ideas using panty hose, boxer shorts, and leotards.

Canadian Association for School Health (CASH)
CASH's mission is to promote the use of a comprehensive school health approach, a practical and adaptable framework for promoting the health of children and youth. It is composed of provincial and territorial coalitions concerned with promoting the health of children through school programs. CASH provides reinforcement of instructional activities.
Contact: CASH
Address: 2835 Country Woods Drive, Surrey, BC V4A 9P9
Telephone: 604–535–7664 Fax: 604–531–6454
Web Site: www.schoolfile.com/CASH.htm

Canadian Centre for Ethics in Sport
Promotes ethics in sport and recreation through education, public awareness and research.
Address: Suite 202, 2197 Riverside Drive, Ottawa, ON K1H 7X3
Telephone: 613–521–3340 Fax: 613–521–3134
Email: info@cces.ca
Web Site: www.cces.ca

- **Coaching the Spirit of Sport: Building Self-esteem**
  A video of coaches and parents about the positive values of sport and the development of self-esteem in children and adolescents (VHS: 28 minutes 50 seconds – $17.95)

- **Fair Play It's Your Call Kit (1994)**
  This kit contains a brochure for parents and four program manuals: one for coaches, one for officials, one for recreation directors and one for league organizers. This resource was designed to increase awareness of the importance of ethics in sport. Its guidelines, exercises and resources are intended to make fair play education accessible, effective and fun. For kids aged 8 to 14 ($16.95).

- **True Sport Web Site**
  Please refer to the True Sport Web site www.truesport.ca; in particular the "Resource Centre" menu item. New resources will be available in January 2005. They will be posted on the True Sport Web site.

Canadian Fitness and Lifestyle Research Institute
Lifestyle Tips: These informative columns offer encouragement and practical suggestions for integrating physical activity into daily life. They provide helpful, motivational and easy-to-read information, as well as tips on becoming more active and maintaining an active lifestyle. These columns can be downloaded from the Canadian Fitness and Lifestyle Research Institute Web site.
Address: 201, 185 Somerset Street West, Ottawa, ON K2P 0J2
Telephone: 613–233–5528 Fax: 613–233–5536
Email: Info@cflri.ca
Web Site: www.cflri.ca

Canadian Health Network
The CHN is a national, bilingual Internet-based health information service. The CHN features 26 Health Centres focused on major health topics and population groups.
Address: Health Canada Publication Communications, Ottawa, ON, K1A 0K9
Telephone: 613–957–2991 ask for publications Toll Free within Canada: 1–866–225–0709
Email: publications@hc-sc.gc.ca
Web Site: www.hc-sc.gc.ca

Canadian Intramural Recreation Association (CIRA) (see CAHPHERD)

Canadian Olympic Association, Western Canada Regionalization Project
Address: 1400, 520 – 5th Avenue SW, Calgary, AB T2P 3R7
Telephone: 403–294–4292 Fax: 403–294–4301

Canadian Parks and Recreation Association (CPRA)
Address: 404, 2197 Riverside Drive, Ottawa, ON K1H 7X3
Telephone: 613–523–5315 Fax: 613–523–1182
Email: cpra@cpra.ca
Web Site: www.cpra.ca

Canadian Parks and Wilderness Society
CPAWS has an extensive environmental education program. Free lesson plans for teachers are available by accessing and downloading from their Web site.
Contact: Teacher Training Coordinator
Address: 1120 1202 Centre St. SE, Calgary, Alberta, T2G 5A5
Telephone: 403–232–6686 Fax: 403–232–6988
Email: info@cpawscalgary.org
Web Site: www.cpawscalgary.org

Canadian Society for Exercise Physiology
CSEP promotes the generation, synthesis, transfer and application of knowledge research related to exercise physiology.
Address: 185 Somerset St. West, Suite 202, Ottawa, Ontario K2P 0J2
Telephone: 613–234–3755 Toll free: 1–877–651–3755 Fax: 613–234–3565
Email: info@csep.ca
Web Site: www.csep.ca

Canadian Sport and Fitness Administration Centre
Address: 760 Belfast Road, Ottawa, ON K1G 6M8
Telephone: 613–235–1515 Fax: 613–235–9773
Web Site: www.cdnsport.ca

Coaching Association of Canada (CAC)
The mission of CAC is to enhance the experience of all Canadian athletes through quality coaching. Two books available for adult coaches.
Address: 141 Laurier Avenue West, Suite 300, Ottawa, ON K1P 5J3
Telephone: 613–235–5000 Fax: 613–235–9500
Email: coach@oach.ca
Web Site: www.coach.ca

Coalition for Active Living
Address: 2197 Riverside Drive, Suite 403, Ottawa, ON, K1H 7X3
Telephone: 613–277–9979
Email: iinfo@activeliving.ca
Web Site: www.activeliving.ca

Resources available:
Pan-Canadian Physical Activity Strategy
The Pan-Canadian Physical Activity Strategy can be accessed online.

Cross Country Alberta
This organization has manuals for youth instruction.
Contact: General Manager
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1738 Fax: 780–427–0524
Email: cca@xcountryab.net
Web Site: www.xcountryab.ca

Edmonton Nordic Ski Club
This club has Jackrabbit Leader and CANSI Training Courses.
Contact: Communications
Telephone: 780–433–6090
Web Site: www.edmontonnordic.ca

Ever Active Schools Program (see HPEC)

Federation of Alberta Naturalists

This organization has books, posters and other resources for guiding students toward healthier human environments and wildlife habitats.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8124 Fax 780–422–2663 c/o Fan
Email: info@fanweb.ca
Web Site: www.fanweb.ca

First Aid and CPR

The following courses are available from University of Alberta Campus Recreation: Athletic First Aid, Heart Saver CPR, Standard First Aid, Basic Rescuer CPR, Recertification, Paediatric CPR (for infant and child).
Contact: U of A Campus Recreation, W1–10 Van Vliet Centre
Telephone: 780–492–3563 Fax: 780–492–5705
Email: camprec@ualberta.ca
Web Site: www.campusrec.ualberta.ca/

Football Alberta

Football Alberta has a number of resources to support school physical education programs.
Contact: Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8108 Fax: 780–427–0524
Web Site: www.footballalberta.ab.ca

Resources available:
Touch Football Manual for Teachers
Instructor's Teacher's Manual Football Skills Development Program: a touch football teacher's manual
NCCP Coaching Certification Program

Global, Environmental & Outdoor Education Council (GEOEC)

GEOEC is a specialist council of the ATA and has a Web site that operates as a clearing house with access to extensive resources, information and links. Included on the Web site are a number of quick, easy outdoor education activities for all grade levels. The annual conference information and registration is available through the GEOEC Web site. GEOEC presenters are available for inservice days and other conferences.
Email: info@geoec.org
Web Site: www.geoec.org

Go for Green! The Active Living and Environment Program

Go for Green is a national initiative that promotes safer, healthier transportation alternatives for children. The focus is on recreationally, physically and environmentally friendly travel choices. The program offers parents and teachers the tools to explore and implement travel arrangements that more effectively protect children in the vicinity of schools.
Alberta : Sport and Recreation Branch, Alberta Community Development
Alberta Contact: Recreation Consultant, Provincial Trails Coordinator
Address: 5480 Canotek Road, Unit #16, Gloucester, ON, K1J 9H6
Telephone: 613–748–1800 Toll free: 1–888–822–2848
National Contact: Active and Safe Routes to School
Email: info@goforgreen.ca
Web Site: www.goforgreen.ca

- **Safe Healthy Active People Everywhere (SHAPE)**

  A municipal off-shoot of Go For Green, SHAPE is a multi-pronged approach to encourage children to be more active, reduce traffic (environmental concerns), and encourage community development. Ten schools in the Edmonton area participated in a walk day, a bike day and a bus day in the spring of 2001; information on this initiative is available by contacting the SHAPE Coordinator.

  Contact: EPSB Planner and Coordinator of SHAPE
  Telephone: 780–415–0267, Fax: 780–427–5140
  Email: Shepeab@shaw.ca
  Web Site: www.Shapeab.com

Health and Physical Education Council (HPEC) of the Alberta Teachers' Association

HPEC, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities. An annual conference, featuring theoretical and practical session in all areas of health and physical education for all grade levels, is held in the spring of each year in rotating locations. Drive-in workshops are held throughout the province. Visit the Web site for membership information.

Web Site: www.hpec.ab.ca

- **Ever Active Schools Program**

  The Ever Active Schools (EAS) program is available to all Alberta school communities and promotes the healthy development of children and youth by fostering social and physical environments that support active living and positive health behaviours. Individual school communities set goals and priorities based on reflection of the four "E's" of the Ever Active Schools program: Education, Everywhere, Everyone, Environment. Member schools benefit from a variety of supports, recognition and professional development opportunities. Online resources include an EAS application form, promising practices and advocacy materials.

  Cost: A two-year membership fee
  Address: 3rd Floor Percy Page Centre 11759 Groat Road, Edmonton AB T5M 3K6
  Telephone: 780–454–4745 Fax: 780–453–1756
  Email: info@everactive.org
  Web Site: www.everactive.org

- **Schools Come Alive**

  Schools Come Alive (SCA) provides leadership through workshops, resource development and collaborative partnerships, to increase physical activity opportunities and promote healthy choices in Alberta school communities. A special project of the Health and Physical Education Council of the Alberta Teachers' Association, SCA's ongoing activities include developing and delivering workshops, producing and distributing the *ACTIVE* newsletter to Alberta schools three times per year, consulting with school districts and supporting community events that promote healthy active lifestyles. Online resources include monthly activity calendars, the *ACTIVE* newsletter, workshop handouts and facilitator packages.

  Address: 3rd Floor Percy Page Centre 11759 Groat Road, Edmonton AB T5M 3K6
  Telephone: 780–454–4745 Fax: 780–453–1756
  Email: admin@schoolscomealive.org
  Web Site: www.schoolscomealive.org

- *Schools Come Alive Workshops:*

  ABCD's of Physical Education

  If you are a generalist teacher, new to teaching physical education, or looking for ideas to revitalize your program, this session is for you! During this full day workshop, we will provide an overview of the PE Guide to Implementation, discuss managements and assessment ideas, share hands-on activities for games, dance, alternative environments and much more to leave you with the tools needed to plan for and deliver a quality PE program. Expand this session over three separate workshops to further enhance the learning opportunity:

  Session 1: The ABCD's of Physical Education
  Session 2: Management and Assessment in the Gym
  Session 3: More Activity Ideas and Resources

- **Assessment Antics**

  Ever felt challenged to make assessment and evaluation meaningful? This workshop will take a look at some innovative strategies and practical assessment and evaluation tools that will motivate your students to move and achieve. Session will be tailored to assessment in Physical Education or Health and Life Skills.

- **Comprehensive School Health – Ever Active Forever Healthy**

  The power of healthy active school communities—find out how and why! Learn about the approach, the Ever Active Schools Program, and the tools available to enhance healthy active school communities. The recommended implementation model for the K–9 Health and Life Skills program is through a comprehensive school health approach, see how this approach can support implementation of many subject areas and initiatives.

- **Cooperation**

  Activities to use with students and staff that teach a little about yourself and a lot about cooperation, fair play and respect. This is a hands-on session with the expectation of learning and laughter! A great session for a staff retreat!

- **Creating a Desire to Participate – Support for the Implementation of Daily Physical Activity**

  The time to implement Daily Physical Activity (DPA) is just around the corner! Come discuss ideas to implement a fun, motivating and enjoyable program linked to health and physical education program outcomes. An overview of the DPA Initiative, available resources, activities and strategies for implementation will be shared.

- **Feel the Beat**

  From hip hopping, to stomping, to formation dances! Come move to the music that students love best and be on your way to providing opportunities for student-led routines, positive interactions, laughter and creativity! A variety of activity ideas to support student learning through dance will be shared.

- **Fitness Frenzy**

  In our physical education program, Outcome "B", Benefits Health creates links between physical education and health to better enable our students to be active for life. Come learn about health related fitness, participate in activities that are fun, user-friendly and functional. Functional fitness will take on new meaning for you and your students.

- **Health & Life Skills**

  Gain an overview of the general outcomes and topics included in the K–9 Health and Life Skills Program of Studies, become familiar with the contents of the Guide to Implementation, and create a vision for planning towards a healthy school community. Expand this session over four separate workshops to further enhance the learning opportunity.
  Session 1: Creating a Vision
  Session 2: Wellness Choices (activities, resources, assessment)
  Session 3: Relationship Choices (activities, resources, assessment)
  Session 4: Life Learning Choices (activities, resources, assessment)

- **Health Integration – Dressing for Success**

  Appreciate the goals and challenges of integration, become familiar with a variety of integration models, participate in sample activities integrating Health and Life Skills outcomes with other subject areas, and identify opportunities for integrating healthy throughout your school community.

- **Motivating the Masses**

  Looking for new ideas to manage large groups of students in the gym? Come participate in activities designed for the masses and explore strategies to motivate your students to move! A large space is needed for this session.

- **New Games**
  New games foster success, cooperation and fun while including everybody regardless of age, size, gender, or ability level. Come prepared to learn a variety of new games for use in physical education class or special events.

- **No Gym? No Problem!**
  A collection of activities for when the gym is in use or to energize your classroom! Come prepared to participate and laugh as we explore the world of activities that can be done in alternate spaces. Great ideas for being active anytime, any place!

- **Physical Education Mentorship Program**
  "Why re-invent the wheel?" "Two heads are better than one."—clichés which have stood the test of time. Consider scheduling three meetings of new and experienced physical education teachers from your region to share ideas and resources specific to topics identified by the group (e.g., management ideas in the gym, assessment, alternative environments, safety guidelines, daily physical activity). Schools Come Alive can facilitate, share, and connect your district to a network of energy and support.

- **Types of Gymnastics**
  Balance, roll and climb your way to providing opportunities for student learning of physical education outcomes through types of gymnastics! Leave this active session confident and able to engage your students in safe and challenging activities to enable them to develop coordination, balance, flexibility and effective body mechanics.

Health Canada – Health Promotion Web Site (see Public Health Agency of Canada)

Health Education Program
This is a University of Alberta collaborative program focusing on health and sex education with excellent resources on the web, interactive programs and up-to-date, valid and reliable information.
Address: 2-300 Students Union Building, University of Alberta, Edmonton, AB
Telephone: 780–492–2612 ext. 2300 Fax: 780–492–0172
Email: phe@ualberta.ca
Web Site: www.uofaweb.ualberta.ca/healthinfo

Heart and Stroke Foundation (HSF)
The Heart and Stroke Foundation has teaching kits; anatomical and physiological models of the brain, heart and arteries; and manuals about the cardiovascular system. Heart Healthy programs for all school ages promote healthy living choices and provide information about the dangers of unhealthy choices.
Contact: Resources Coordinator
Address: 1802 10th Ave S.W., Calgary, T3C 0J8
Telephone: 403–264–5549 Toll free: 1–888–473–4636 Fax: 403–237–0803
Web Site: www.heartandstroke.ca

- **Jump Rope for Heart**
  Focuses on fitness, heart-healthy education and fund-raising. It provides the opportunity for students to develop individual and team skills in a noncompetitive environment.
  Free for schools enrolled in the JRFH program.
  Contact: Director, Special Events, Heart and Stroke Foundation

Human Kinetics Publishers
This organization has a wealth of resources to assist students in reaching the outcomes of the physical education program.
Address: 475 Devonshire Rd., Unit 100, Windsor, Ontario N8Y 2L5
Telephone: 519–971–9500 Toll Free: 1–800–465–7301 (in Canada only) Fax: 519–971–9797
Email: info@hkcanada.com
Web Site: www.humankinetics.com

In Motion Network
This is a voluntary organization for advocacy and networking of women in sport.
Address: 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–7801 Fax: 780–427–5140

Inroads Adventure and Leadership Programs
Using outdoor pursuits as a vehicle, Inroads Adventure guides participants in leadership and team development. Also featured are Grade 7 orientation camps to create a positive feeling about a new school and develop teacher–student relationships.
Address: R.R. 2, Site 250, Box 4, Stony Plain, AB T0E 2G0
Telephone: 780–963–7675
Web Site: www.inroads.ca

KIDSAFE Connection
KIDSAFE Connection catalyzes individuals, families and communities to ensure that the safety of children is preserved and enhanced. Through collaborative partnerships we endeavour to prevent childhood injuries and the immeasurable cost of suffering.
Address: Stollery Children's Hospital, WMC 4H2.02, 8440 – 112 Street, Edmonton, AB T6G 2B7
Telephone: 780–407–7250 Fax: 780–407–6472
Email: kidsafe@cha.ab.ca
Web Site: www.capitalhealth.ca/kidsafe

- **Alberta Children's Safety Survey Results (1997)**
  Results of a survey of 398 Alberta parents of children under 15 years on their perceptions, attitudes and behaviours regarding safety concerns.

- **Calgary Day Care Playground Environment Committee, Summary Report (1999)**
  Outlines the goals, objectives, process, outcomes and advocacy approach of this committee, which produced the *Play Safe, Safe Play Curriculum Guide*.

- **In-Line Skating/Skateboard Safety**
  The package promotes safe inline skating by encouraging the public to wear the appropriate safety gear, take lessons and practise trail etiquette.

- **Get the Facts (1999)**
  Current information on childhood injury and injury prevention in such things as alpine skiing, biking, horseback riding, sledding, snowboarding and playground activities, as well as information on backyard safety, child pedestrians, clothing safety, fall prevention and school bus safety.

- **Halloween Safety – Elementary Package**
  The issues covered in this resource include choosing costumes and behaving safely while trick-or-treating.

- **Holiday Safety – Fact Sheet**
  An information sheet with safety tips on decorations, trees, toys, clothing, outdoor activities and travelling.

- **Play Cool, Play Smart – Child Care Resource Package (1999)**
  This package provides playground safety information and resources tailored to program planning in a day care setting.

- **Play Cool, Play Smart – Elementary School Package**
  This package was developed to reinforce positive, safe playground attitudes and behaviours as the norm among students, staff and parents.

- **Play Safe, Safe Play – A Curriculum Guide for Safe Playground Environments (1999)**
  This "train the trainer" resource provides easy-to-use instructions for running information sessions or workshops on playground safety. A Workshop Kit is available on loan.

- **Reducing Riding Injury in Alberta – Equestrian Safety Package**
  This resource package includes such things as a fact sheet, data sheets on injuries and fatalities, coaches' information sheets and emergency procedure sheets.

- **Removing Playground Hazards for Our Children's Sake: A Resource Guide for Alberta Communities (1996)**
  This guide is designed to aid school and community groups with assessing and renovating old playgrounds and/or constructing safe, new playgrounds to reduce the likelihood of playground injuries.

- **Safe Sledding Dynamics Report (1996)**
  A research project to provide understanding of the factors associated with sledding injuries in Alberta.

- **Soft Landings – Playground Surfacing Brochure**
  Contains up-to-date information and comparative advantages/disadvantages of playground surfacing and surfacing materials.

- **Statistics Sheets (1998)**
  Statistics on childhood injury are presented by category and include national, provincial and regional information. Data sheets are available for specific childhood injuries.

- **Thin Ice Safety Package**
  The fact sheet describes the dangers of ice and the precautions that should be taken around ice during freezing, melting and sudden changes in temperature.

KidSport™ Society of Alberta
The KidSport™ Society of Alberta raises funds to help pay for sport registration fees for kids from families who are not able to afford it. KidSport™ Alberta has 32 committees (and growing) across Alberta who raise and distribute funds in their communities. We have application forms for each committee. As well we have the "Energy to Play™" brochure which gives information on healthy eating, hydration and sleep so that you have energy to play (brochure included). KidSport™ Alberta is more than willing to come to schools and community groups to talk about the KidSport™ program. We also will do presentations and displays at conferences.
Address: Box 36107 Lakeview RPO Calgary, AB T3E 7C6
Telephone: 1–888–91–4–kids(5437) Fax: 403–217–5763
Web Site: www.kidsport.ca

Lifesaving Society
Many of the Lifesaving Society's resources will assist teachers in meeting curriculum and daily physical activity requirements. These resources are specifically designed to help instructors deliver Society learn-to-swim; lifesaving; and first aid/CPR skill development programs, including our Water Smart® education initiatives. These programs enable the Lifesaving Society to pursue its mission to prevent drowning and water related injury.
Contact: Lifesaving Society
Telephone: 780–415–1755 Fax: 780–427–9334
Email: experts@lifesaving.org
Web Site: www.lifesaving.org

- **First Aid**
  - *CPR Student Manual*
    A six-page reference guide to the skills and techniques required to perform CPR on adults, children, and infants.
  - *First Aid Manual*
    A reference manual that presents skills and techniques required to respond to a variety of first aid situations.

- **Swimming**
  - *Swim to Survive Survival Guide*
    An instructor reference manual which presents progressions and teaching tips to use when teaching basic self-rescue swimming skills.
  - *Water Smart Activity Guide*
    This guide provides fun, active and hands on games and activities that teach children to make water smart choices.
  - *Swimming and Lifesaving Instructor Handbook*
    An instructor reference manual which presents progressions, teaching tips and games for teaching swimming and lifesaving skills.
  - *Sudden Impact Video* – Approx. 25 minutes in VHS format
    This video has young people talking to young people about the impact that spinal injuries have had on their lives and contains a riveting message about the potential dangers of diving into water.

- **Outdoor Education**
  - *Boat Study Guide*
    A student manual which explores all aspects to operating boats safely, includes everything required to prepare for testing for the Pleasure Craft Operator (PCO) Card.
  - *Saved by the Jacket Video* – Approx. 35 minutes in VHS format
    This video has true on-the-water stories from survivors of boating mishaps, highlighting the role that PFDs played in their survival.

- **Lifesaving**
  - *Canadian Lifesaving Manual*
    A reference manual that presents skills and techniques for lifesaving, swimming and self rescue skills.
  - *ALERT – Lifeguarding in Action*
    A reference manual that presents the knowledge, skills and roles required of lifeguards.
  - *Junior Lifeguard Club Coaches Manual*
    A coaching manual that provides ideas, games and activities geared to pre-teen and teenage students with a focus on fitness, lifesaving and first aid skills.

National Coaching Certification Program (NCCP)
This is a five-level educational program for coaches of all levels in over 60 sports. The program covers three components of coaching: Theoretical, Technical and Practical. Local colleges, community recreation centres and provincial sport organizations provide accompanying courses. The Coaching Development in Alberta Program covers theory, and specific sport bodies are responsible for the technical development.
Address: Sport & Recreation Branch, 905 Standard Life Centre, 10405 Jasper Avenue, Edmonton, AB T5J 4R7
Telephone: 780–427–6549 or 6562 Fax: 780–427–5140
Email: comdev.communications@gov.ab.ca
Web Site: www.cd.gov.ab.ca/asrpwf/athletes_coaches_officials/index.asp

National Fitness Leadership Advisory Council
NFLAC is a Canadian collective/partnership dedicated to collaboratively developing and promoting fitness leaders, by establishing national standards for the training and certification of Canadian fitness leaders.
Web Site: www.activeliving.ca/activeliving/nflac.html

National Intramural Recreational Sports Association (NIRSA)
NIRSA is a nonprofit professional organization dedicated to the establishment and development of quality intramural/recreational sports and fitness programs and services.
Address: 4185 SW Research Way, Corvallis, OR 97333-1067
Telephone: 541–766–8211 Fax: 541–766–8284
Email: nirsa@nirsa.org
Web Site: www.nirsa.org

Ontario Physical and Health Education Association (OPHEA)
OPHEA has been developing and promoting resources that enrich the health and well-being of children and youth for over 75 years. They have resources and workshops for building healthy, active lifestyles with children and youth. Visit the Projects Centre and HPE Resource Inventory at www.ophea.net to find health and physical education resources.
Address: Suite 501, 1185 Eglinton Avenue East, Toronto, ON M3C 3C6
Telephone: 416–426–7120 Toll free: 1–888–44–OPHEA Fax: 416–426–7373
Email: info@activ8.org
Web Site: www.ophea.net

- **Take Action**
  This program/resource supports school and community involvement in substance use and abuse prevention.

- **Changing**
  Ontario Health and Physical Education Curriculum Support: Kindergarten to Grade 10.

- **Ontario Health and Physical Education Curriculum Support: Kindergarten to Grade 10**
  These are grade-specific resource documents containing approximately 30 health lessons and 100 physical education lessons per grade. Each resource is complete with assessment strategies, tools and supporting background information for teaching learning strategies.

- **Activ8**
  A program that complements school curriculum and features developmentally appropriate physical activity challenges that are achievement-based not performance-based. The program includes curriculum modules, a fund-raising and event guide, and participant recognition incentives.
  Contact: Active Healthy Kids Canada
  Telephone: 416–426–7120 Toll free: 1–888–446–7432
  Web Site: www.ophea.org/activ8.htm

- **Menu of Choices Secondary School Resource**
  This resource builds upon existing nutrition resources and programs available in Ontario with information on school nutrition policy, curriculum, healthy food choices and selection, professional development for staff, parental and family involvement, and links with existing community programs.

Pathway to Gender Equity
This YWCA guide enables organizations to work with members and participants in understanding and supporting the need for increased access to physical activity for girls. By completing a self-assessment questionnaire, staff will be better equipped to understand and facilitate girl-centred programming. No longer available in hard copy but can be downloaded from the Web site.
Address: Suite 422, 75 Sherbourne Street, Toronto, ON M5A 2P9
Telephone: 416–962–8881 ext. 244 Fax: 416–962–8084
Email: national@ywcacanada.ca
Web Site: www.ywcacanada.ca

Physical Education (PE) Central
Physical Education (PE) Central is a Web site on the Internet designed for physical educators, classroom teachers and parents. The intent of the site is to provide the latest information about contemporary, developmentally appropriate physical education programs for children and youth. Resources on the site include physical education, health and classroom lesson ideas; ready to print assessments; adapted PE information; and weekly kids quotes and wellness ideas. PE Central is maintained by the Health and Physical Education Program at Virginia Tech, Virginia, USA.
Address: PE Central, PO Box 10262, Blacksburg, VA 24062
Telephone: 540–953–1043 Fax: 1–800–783–8124 (USA)
Email: pec@pecentral.org
Web Site: www.pecentral.org

ProMOTION Plus – The BC Organization for Girls and Women in Physical Activity and Sport
Contact: Executive Director, Promotion Plus
Address: 305, 1367 West Broadway, Vancouver, BC V6H 4A9
Telephone: 604–737–3075 or 1–877–55–PROMO Fax: 604–738–7175
Email: info@promotionplus.org
Web Site: www.promotionplus.org

Public Health Agency of Canada (formerly **Health Promotion Online & Health Canada – Health Promotion Web Site**)
All resources can be accessed online.
Address: Suite 710, Canada Place, 9700 Jasper Avenue, Edmonton, AB T5J 4C3
Telephone: Toll free: 1–888–334–9769 Fax: 780–495–3285
Email: pphb_web_mail@hc-sc.gc.ca
Web Site: www.phac-aspc.gc.ca/publications_e.html

Rhythmic Gymnastics Alberta

Services include workshops, NCCP technical courses, sport outreach, school visits, availability for in-school sessions with students and/or teachers, and summer camps. For ordering information, to borrow a vide/DVD, or to book a demo event or seminar, please call the contact information below.

Address: Percy Page Centre, 1179 Groat Road, Edmonton, Alberta, T5M 3K6
Telephone: 780–427–8152 Toll free: 1–800–881–2504 Fax: 780–427–8153
Email: rga@rgalberta.com
Web Site: www.rgalberta.com

Resources available:

PRISM video and PRISM basic skill development program which promotes improved group and teamwork, and incorporates fitness, good body image, goal setting and active living.

Ringette Alberta

There are books; gym ringette equipment (gym ringette is a modified version of on-ice ringette); *Ringette Rule Book; CAHPERD Gym Ringette: Basic Skill Series; Getting Started in Ringette*; and *Ringette Development Model*, which includes rules and game modifications, development program for different ages, skill development and strategies.

Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1750 Fax: 780–42215–1749
Email: info@ringettealberta.com
Web Site: www.ringettealberta.com

Safe Kids Canada

This is a national, charitable organization whose mission is to increase the public's awareness that unintentional, preventable injuries are the leading threats to children under the age of 15 and to collaborate with communities and groups to reduce the incidence and severity of injuries.

Address: 2105, 180 Dundas Street West, Toronto, ON M5G 1Z8
Telephone: 416–813–7280 Toll free: 1–888–SAFE TIPS (723–3847) Fax: 416–813–4986
Email: Safekids.wb@sickkids.ca
Web Site: www.safekidscanada.ca

Schools Come Alive

(See HPEC)

Skate Canada: Alberta, NWT, Nunavut

This organization has sport outreach clinics and a list of materials and resources. You have to be a member of Skate Canada to access resources.

Address: Percy Page Centre, 1179 Groat Road, Edmonton, Alberta, T5M 3K6
Telephone: 780–415–0465 Fax: 780–427–1734
Email: Skateab2@telus.net
Web Site: www.skateabnwtnun.com

Special Olympics Alberta

ASO has brochures, presentation packages and athlete–speakers who will visit schools and present information with a personal perspective.

Telephone: 780–415–0719 Toll free: 1–800–444–2883 Fax: 780–422–2663
Web Site: www.specialolympics.ab.ca

Sport and Recreation Association for the Blind

This association has a public education program that focuses around a blind sport called Goal Ball. There is a manual for teachers explaining the sport, and teachers can borrow Goal Ball equipment.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–0184

Sport Medicine Council of Alberta

The SMCA develops and coordinates programs and services, making sport and recreation activities safer for Albertans—from the prevention of sports injuries to proper injury treatment and the enhancement of performance. The SMCA provides services in the areas of athletic first aid, sport nutrition and drugs in sport. Specific resources include educational courses, speakers, manuals, handouts, videos, first-aid kits and medical supplies. We have an athletic first aid equivalency program that teachers can teach through CTS. We provide the curriculum, teacher manual, student manual, texts, handouts, worksheets, flyers, videos, posters, slides. A pre-packaged course. Students can be accredited for 3 years in athletic firs aid.
Courses are offered at locations throughout Alberta; contact the SMCA office for information on hosting a course in your area.
Contact: Sport Medicine Council of Alberta, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–0812 Fax: 780–422–3093
Emaiil: smca@sportmedab.ca
Web Site: www.sportmedab.ca

- **Athletic and Sports First Aid**
  Athletic and sports first-aid kits and manuals and first-aid supplies are available, along with taping and strapping workshops.
  Courses available include: Athletic First Aid and Taping and Strapping.

- **Sports Nutrition Manual (2nd Edition)**
  This manual features 150 pages of the latest sports nutrition information, including everything from basic nutritional concepts to pre-event eating, travelling tips and training diets. The manual also includes information on such things as competition nutrition, ergogenic aids, carbohydrate loading, vegetarian diets, and hydration and sport performance.

Sprockids – The Two-wheeled Approach to Building Self-esteem

This program focuses on all the positive aspects we hope to instill in young people, and the catalyst is mountain biking. Students will learn bike maintenance, riding techniques and basic riding skills, as well as safety, health, nutrition and fitness. The philosophy is to involve young people in a healthy, lifelong activity, teaching skills and values that will allow them to experience personal success on a variety of levels.
Address: PO Box 1456, Gibsons Landing, BC V0N 1V0
Telephone/Fax: 604–886–0772
Or Cycling BC Telephone: 604–737–3034 Fax: 604–737–3141
Web Site: www.sprockids.com

Strathcona Wilderness Centre
Contact: Outdoor Recreation Programmer, Strathcona County Recreation, Parks and Culture
Address: 2025 Oak Street, Sherwood Park, AB T8A 0W9
Telephone: 780–922–6099 Fax: 780–9226415/449–1906
Direct Line: 780–464–8473
Email: smith@strathcona.ab.ca
Web Site: www.strathcona.ab.ca

Resources available:
Strathcona Wilderness Centre Enrichment Programs Guide.

Swim Alberta
This association has a book library and a video library, as well as technical training manuals available to public schools.
Contact: Provincial Coach and Director for Swim Alberta
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1780 Fax: 780–415–1788
Email: office@swimalberta.ca
Web Site: www.swimalberta.ca

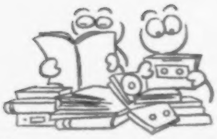
Synchro Alberta
This association has a recreational *Star Program Manual* available, as well as *Aqua Squirts*, a beginner synchronized swimming manual.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1789 or 780–453–8618
Web Site: www.synchroalberta.com

Tennis Alberta
This association has lesson plans for elementary aged children and school programs for elementary, and junior high school levels.
Contact: Technical Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1661 Fax: 780–427–0524
Web Site: www.tennisalberta.com

Understanding Movement Content
This resource outlines movement and how to use it creatively in dance and expressive movement activities.
Address: 11320 – 73 Avenue, Edmonton, AB T6G 0C8
Telephone: Fax: 780–436–0684

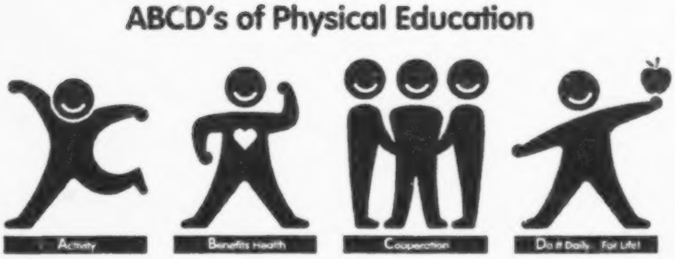
Wheelchair Sports Alberta
Wheelchair Sports Alberta administers programs such as athlete development, scholarship programs and equipment loans.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8699 Fax: 780–427–8723
Web Site: www.wheelchair.sport.ab.ca

Yoga Association of Alberta
The YAA is a nonprofit organization that offers yoga activities to the public for the purpose of providing self-development opportunities. The association has a library of over 500 books, videos, CDs, journals, etc. for loan or reference
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8776
Web Site: www.yoga.ca



ALBERTA AUTHORIZED RESOURCE LIST and ANNOTATED BIBLIOGRAPHY

Vendors/Distributors



Physical Education
Kindergarten to Grade 12

April 2005

Vendors/Distributors

ACCESS–The Education Station
3720 – 76 Avenue
EDMONTON, AB, CANADA T6B 2N9
Telephone: 800–352–8293; 780–440–7728
Fax: 780–440–8899
Internet: http://www.accesslearning.com

Alberta Team Handball Federation
Percy Page Centre
11759 Groat Road
EDMONTON, AB, CANADA T5M 3K6
Telephone: 780–415–2666
Fax: 780–453–8553; 780–422–2663
Internet: http://www.teamhandball.ab.ca

Canadian Association for Health Physical Education Recreation and Dance (CAHPERD) National Office
403—2197 Riverside Drive
OTTAWA, ON, CANADA K1H 7X3
Telephone: 800–663–8708; 613–523–1348
Fax: 613–523–1206
Internet: http://www.cahperd.ca

Human Kinetics Canada
475 Devonshire Road – Unit 100
WINDSOR, ON, CANADA N8Y 2L5
Telephone: 800–465–7301; 519–971–9500
Fax: 519–971–9797
Internet: http://www.humankinetics.com

Volleyball Canada
2, 5510 Canotek Road
GLOUCESTER, ON, CANADA K1J 9J5
Telephone: 613–748–5681
Fax: 613–748–5727
Internet: http://www.volleyball.ca/

Alberta Milk
14904 121A Avenue
EDMONTON, AB, CANADA T5V 1A3
Telephone: 800–252–7530; 780–453–5942
Fax: 780–455–2196
Internet: http://www.albertamilk.com

body image works inc.
P.O. Box 34117 RPO
CALGARY, AB, CANADA T3C 3W2
Telephone: 403–243–5383
Fax: 403–243–5439
Internet: http://www.bodyimageworks.com

Canadian Ski Patrol System / Canadian Avalanche Association / SmartRisk Foundation
c/o 524 Strathcona Drive SW
CALGARY, AB, CANADA T3H 1L9
Telephone: 403–249–0055
Fax: 403–249–0055
Internet: http://www.smartrisk.ca

Learning Resources Centre (LRC)
12360 – 142 Street
EDMONTON, AB, CANADA T5L 4X9
Telephone: 780–427–5258
Fax: 780–422–9750
Internet: http://www.lrc.learning.gov.ab.ca